

Bavarian News

Vol. 6, Nr. 15

U.S. Army Garrisons Grafenwoehr, Hohenfels, Ansbach, Schweinfurt and Garmisch

August 18, 2010

SCHWEINFURT Parent & stress free

Teens learn how to combat stressors at the annual Summer Stress Buster event

PAGE 16

ANSBACH

He said, she said

Sex Signals, an interactive play, gets to the heart of dating miscommunication

PAGE 18

GARMISCH

Baby talk

Expectant mothers and fathers learn the basics as they prepare to give birth in a foreign country

PAGE 20

HOHENFELS

Stress-free PT

ACS uses physical training to tackle domestic abuse and sexual assault

PAGE 23



Back to School

It's that time again. With all the last-minute shopping and to do lists, Grafenwoehr's school liaison officer recommends some items parents won't want to forget. See page 4.

Giving back

U.S. Army Garrison Grafenwoehr wants to hear from you! From Aug. 30-Sept. 26 customers can weigh in on the good and the bad and recommend areas for improvement. See page 3.

Double take

AAFES works to correct a computer processing error that charged AAFES and FMWR customers twice from Aug. 7-9. See page 24.

Index

Opinion/Editorial	2
News	3-10, 24-25
Medical	11
What's Happening	12-13
Travel	15
Movies	26
AAFES	27

2010 Best Warriors



Photo by Staff Sgt. Patricia Deal

Staff Sgt. Alicia Anderson low crawls through a barbed-wire obstacle with Staff Sgt. Clinton Milroy close on her heels. Anderson was named this year's Best Warrior NCO.

JMTC's Anderson, 170th IBCT's Sincore named Best Warriors

by U.S. Army Europe Public Affairs

News Release

HEIDELBERG, Germany — U.S. Army Europe named Cpl. Eric Sincore from the 170th Infantry Brigade Combat Team and Staff Sgt. Alicia Anderson from the Joint Multinational Training Command its 2010 Best Warrior Soldier and Best Warrior Noncommissioned Officer of the Year in a ceremony here, Aug. 12.

Gen. Carter Ham, USAREUR's commanding general, and USAREUR's Command Sgt. Maj. Thomas R. Capel hosted the event and presented awards to all 14 Soldiers who competed for this year's Best Warrior honors.

"I got off of the plane here last Tuesday and (after learning about this ceremony) I smiled all the way from Frankfurt to my house," said Capel, who became the 16th USAREUR command sergeant major, Aug. 2.

See WARRIORS, page 25



Photo by Staff Sgt. Daniel Nichols

Spc. Timothy Murray of the Joint Multinational Training Center negotiates an obstacle as a Soldier competitor in the 2010 U.S. Army Europe Best Warrior Competition held at Grafenwoehr Training Area, July 26.

From TMP to gas free



Andrea Hoesl (left), Harold Mueller (right) and several DPW employees show off their new, efficient means of transportation on Main Post. The organization recently traded six of its Transportation Motor Pool vehicles for bicycles to reduce its ecological footprint.

Story and photo by
Molly Hayden

Staff Writer

The feeling of self-propelled freedom you get from riding a bike is unlike anything else, but for U.S. Army Garrison Grafenwoehr Department of Public Works (no commas, no need to list acronym) employees, it's more than the thrill of the ride; it's a necessary form of transportation.

The organization recently traded in six transportation motor pool cars for a fleet of bicycles, reducing their carbon footprint and providing a more efficient, economical way for employees to commute within Main Post and Rose Barracks.

These transient travelers can be found peddling around the installations on shiny white bikes tagged with the DPW logo, heralding praises of the new system.

"This is just the beginning," said Christian Richter public utility specialist. "We are setting

See CYCLING, page 24

Local DFACs rise to the top

Story and photos by
Trecia A. Wilson

Assistant Editor

Anyone who has worked in the food service industry knows the challenge of keeping customers happy. It is an ongoing effort to maintain the highest quality of meal, every meal all day long and a non-stop commitment to service. Being a military facility is no different.

U.S. Army Garrisons Grafenwoehr and Hohenfels proved they could meet that standard this year. Sgt. Maj. Lawrence T. Hickey Dining Facility at Grafenwoehr won the Philip A. Connelly Awards Program for excellence in Army food service for the large facility (301 meals or more per meal) at the local and Europe levels, while Hohenfels' Warrior Sports Cafe took the runner-up position in the small facili-

ties category (300 meals or less per meal).

The Hickey Dining Facility has the stress a normal restaurant does due to the fluctuating customer numbers. These numbers don't just change by 20 or even 100 persons per meal, sometimes they increase my more than 1,000 meals served.

Although an average meal head count might be between 500-600 people, it's not uncommon to have a special request for an additional 1,000 meals made and sent to the field during a training exercise. This additional load must be cooked often before and sometimes between the breakfast and lunch rushes of more than 500 Soldiers and civilians per meal.

In addition to that challenge, the facility is run with a combination of Soldiers and civilians. Of the more than 100 employees, approximately 66 are military. This means See DFACS, page 25



Ramona Behr, one of USAG Grafenwoehr's civilian cooks, adds garnish to bean salads, Aug. 9.

Defender 6 sends

Outreach makes the community stronger

ARLINGTON, Va. — Our Soldiers have been steadfast in their service to the nation during the past nine years of conflict. Their families have been just as constant in their own dedicated service, providing the strength and support that enables Soldiers to do their jobs. Our Soldiers and families persevere in their service to the nation in the face of repeated deployments and even greater challenges.

It is heartening to know that we are not in this alone — our fellow citizens want to understand what we are experiencing and share a deep desire to support us where they can. Sometimes they simply do not know where to begin or how to make the connection to channel their appreciation and support into action. That is why reaching out to the communities around us is so vitally important.

The Army has a long history of supportive relationships with surrounding communities. San Antonio, Texas, claims the title of Military City, USA, but many more communities could lay equal claim, their ties with the installations in their areas being as long-standing and deep-rooted. Over the years the Army has also developed strong relationships with local, state and national organizations that provide a wide range of support for Soldiers and families, including programs focused on health care, education, child development, employment, financial aid and morale and recreation.

See OUTREACH, page 2

DoD alters fees for child care

by FMWRC Public Affairs

News Release

ALEXANDRIA, Va. — Beginning Oct. 1, most Army families will see an increase in their child care fees, while others will see a reduction and some will see no change in fees for school year 2010-2011. This is a result of a new Department of Defense policy.

According to Maj. Gen. Reuben Jones, commander of the Family and Morale, Welfare and Recreation Command, the Army will ensure outstanding Child and Youth Programs and a quality of life for Soldiers and families commensurate with their service.

"Army families will continue to have access to some of the best Child and Youth Programs found anywhere in the world," Jones said. "These programs are an important part of our military communities and will continue to be a great value for our Soldiers and their families."

The Army Family Action Plan also played an important role in shaping the new policy. See FEES, page 25



Bavarian News

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We want to hear from you!

The *Bavarian News* welcomes articles from Army organizations and announcements from the general public about events of interest to the military community.

If you have newsworthy ideas or stories you'd like to submit, coordinate with the managing editor at 475-7113, or e-mail jeremy.buddemeier@eur.army.mil. Prior coordination is mandatory.

The editorial deadline for articles and announcements is noon on Tuesday, the week prior to the publication date. Publication dates can be found at www.milcom.de.

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Water Tower art by Dane Gray

Community outreach is a win-win

Continued from page 1

Now those relationships are more critical than ever. The Army cannot always offer the most comprehensive assistance for the number and kinds of challenges that our Soldiers and families face. This is especially true for National Guard, active Reserve and active component Soldiers and families who live far from installations. The great need for support and the great demand on our resources require us to reach out to those who can help us keep our promise to Soldiers and families. A volunteer, a local service provider or a state or national organization may be able to offer expertise, material assistance, support services or even just human contact that fills a critical need, especially for the Soldier or family member who is not near an installation.

The support that communities and organizations give to Soldiers and families has become so important that the Army Community Covenant was launched in April 2008 to formalize and facilitate the relationships. To date, communities in 49 states, three territories and the District of Columbia have conducted more than 500 covenant signing ceremonies, pledging to find ways to enhance the quality of life for Soldiers and families.

These ceremonies publicly recognize and celebrate the communities' commitments, but they are not an end in



themselves. They are an important step in taking action to link support to specific Soldier and family needs. The crucial first step is building relationships. Effective community outreach is broader than a covenant. It begins with building strong, real relationships. Americans are inspired to offer their support when they learn more about military life and gain a deeper understanding of the personal challenges that Soldiers and families experience. It is crucial that Army leaders make every effort to get to know local leaders, to attend town halls, Chamber of Commerce meetings and other events, and to invite local leaders and community members to attend events on post. Army leaders must be prepared to answer when local leaders ask, "How can we help?" Americans are generous and compassionate — if you let them know how they can help, they will.

I know from firsthand experience what the power of community support can do for Soldiers and their families. One recent example is when I was the III Corps and Fort Hood commander and worked to establish a Resiliency

Campus, which gathers in one area a number of programs to support Soldiers' and families' mental, spiritual and physical well-being. As senior commander I was able to dedicate the space on post and ensure that infrastructure improvements were made, but it was the embrace of the community outside the gate, their contributions of materials, services and expertise, that made the campus a reality.

We have several valuable resources to help Soldiers and families locate and access programs and services available to them. Army One Source, at www.myarmyonesource.com, is a single portal for information on a wide range of services, including housing, healthcare, employment, education, child care and family services. AOS includes information on how to contact the nearest Army community support coordinator. Community support coordinators work to make connections between local resources and Soldiers and families, especially for those who live far from an installation.

The Army Community Covenant website, www.army.mil/community, has information on more than 600 national, state and local programs that offer education, employment, family, financial, survivor, wounded warrior and other kinds of support. The website regularly adds information on new programs as we continue to build relation-

ships with local, state and national organizations. The site also has ideas and resources for Army leaders to reach out to the communities around them, and for community members and organizations who want to offer support.

All of these resources — the Army Community Covenant resources, the community support coordinators, the advice and ideas of fellow leaders posted on www.garrisoncommand.com, and the expertise of professionals on installations — help Army leaders build and strengthen relationships with communities and find innovative ways to take care of Soldiers and families.

We have become more effective at our community outreach efforts in recent years, but our efforts meet with such success because our communities are eager to meet us halfway. They readily and generously express their gratitude and support for our Soldiers and families. Our challenge is to meet them all the way, to clearly communicate our needs and facilitate their support for us. The support and contributions from our communities will enable us to keep our promise to provide Soldiers and families a quality of life commensurate with their service.

*Lt. Gen. Rick Lynch
Commander, Installation
Management Command*

Commander's Message



Host nation relations critical

Arriving in Europe and "settling" into the Grafenwoehr Military Community has been everything I expected and more. We have great facilities and people, and our surrounding communities act not just as our professional partners, but as our friends and neighbors.

Lt. Gen. Richard Lynch, Installation Management Command commanding general, writes about Community Outreach in this issue (The article begins on page 1 and continues above). Stateside, the secretary of the Army created the Army Community Covenant in 2008 to build mutual relationships and strengthen bonds between Soldiers, families and American communities. Though the Army Community Covenant is not a formal program at European garrisons, Europe has long carried the torch as a pillar of support the U.S. Army. We may not call it a "covenant," but our host nation relations and partnerships are certainly the same.

Here in the Grafenwoehr Military Community, the generosity of our neighbors, towns, cities and counties is astounding. Just as in America, our surrounding commu-



nities devise new ways, both small and large to demonstrate their appreciation for Soldiers and Families. The Kontakt programs (Grafenwoehr and Vilseck), school exchanges, host nation law enforcement, medical and first responders that safeguard our communities are examples of efforts that make the Grafenwoehr Military Community stronger.

The sommerurlaub (summer vacation) is in full swing, which means the start of school is right around the corner. I encourage all with school age children to ensure your kids are registered and fully prepared for school (See page 4 in this edition for information on back to school basics and learn more about the school liaison officer in your community). The community must be vigilant with regards to safety around schools, to include observing speed limits and being cautious

during "school" peak hours, especially during drop off and pick up. I encourage parents to discuss proper bus behavior with their children prior to the school year. We all must be as active as we can afford to be in our schools. Our children are the future of our great nation.

Every month, the Grafenwoehr Military Community hosts a community huddle. The intent of the huddle is to hear from community members about issues in the community that members need help solving. Senior leaders from the community and directors from the garrison staff that can address the issues are on hand to respond and take action. We welcome you to these events and your "ICE" feedback because your input helps us improve the quality of life and continue to sustain the Grafenwoehr Military Community as a great place to live and work. It's great to be at Graf!

*Col. Vann Smiley
Commander, U.S. Army
Garrison Grafenwoehr*

Local area offers many opportunities

Gruess Gott! During my initial three months of command, I have been impressed not only with the "Blackhawk" Soldiers, officers and noncommissioned officers, but also with the friendship and support of the local German community.

The Blackhawk Brigade itself is still quite new to the neighborhood as well, between rebasing and deployments of the previous two years. Now, more than ever, the brigade is ready to integrate itself into the local host nation communities.

USAG Grafenwoehr just celebrated its annual German-American Volkfest — a great time to bring the citizens of the two countries together to relax and enjoy each other's friendship. In a way, the Volkfest is only a celebration of what already happens all year long between Blackhawk Soldiers and the local communities.

My family and I have had many opportunities to visit with the local communities with which the 172nd Infantry Brigade is partnered — the cities of Eschenbach, Pressath and



Zachar

ingness to incorporate Blackhawk Soldiers into their communities.

The citizens and leaders of these communities are excited about our partnership program. Each city has a lot to offer our Soldiers and families. I encourage everyone to visit the stores, restaurants and parks in these towns and enjoy the offerings of our German hosts.

This September, the brigade is publicly partnering with these cities. This signals our commitment to them and our dedication to providing the best living and working environment possible for our Soldiers,

Kirchen-thumbach. I have been impressed with the friendliness, not only of the community leaders, but by the residents as well, and their will-

their families and the local German citizens.

The Army has a long history of supportive relationships with the people of Germany. Over the years the Army has developed and maintained strong relationships with local, state and national organizations in Germany that provide a wide range of support for Soldiers and families. These programs are focused around education, child development, employment, financial aid, and morale and recreation.

While the Blackhawks have become more effective at our community outreach efforts in recent years, our efforts have been met with success because the local communities are eager to work with us. These communities have readily and generously expressed their friendship and support for our Soldiers and families. Our challenge is to meet them halfway. We plan to support their local customs and traditions, observe their laws and practices, clearly communicate our needs, and

See COMMUNITY, page 25

Respect, not assimilation, crucial for living abroad

Deutschland! It is an amazing place, and I consider it a privilege to be stationed here as the command sergeant major of the 172nd Infantry Brigade.

Arriving in Germany just prior to the World Cup playoffs provided a fascinating insight into the passions and culture of this historic country.

Besides soccer and beer, however, Germany, Bavaria and the local Oberpfalz area provide a wealth of opportunities for Soldiers and their families to relax and enjoy another culture.

Whether skiing in the Bavarian Alps, enjoying German beer during Oktoberfest, sightseeing in Berlin, or enjoying the many recreational activities in the local communities, we have to remember, however, that we're not in the U.S.

I have been impressed with the extent to which our German neighbors welcome and include American Soldiers and families into their communities, and we must be careful not to jeopardize this friendship.

American Soldiers are guests in Germany and must act in accordance with German laws and customs — no right turns on red, separating trash, etc.

Sometimes German rules and regulations might seem a bit odd, but as guests, it is our obligation to follow them. As American citizens, especially as Soldiers, people judge our country by our individual actions.

Everywhere we go, we represent the United States. The United States has a curious position in world affairs. Considered by most as the richest and most powerful nation in the world, U.S. Soldiers and citizens are often held to a higher standard than Soldiers and citizens of other countries. People watch us and are quick to judge.

Because we are on public display, it is vitally important that we demonstrate our respect and adherence to local customs and laws, and give U.S. critics no room to defame our country.

That isn't to say, however, that we should all become Germans. I'm an American, and I'm proud of it.

See RESPECT, page 25

Entschuldigung

In the July 21 edition, "10-Miler team ready for next step in D.C.," page 25, Spc. Christopher Love was misidentified.



French

Students grapple with fundamentals of life

More than slick moves, wrestling camp teaches self-discipline, confidence

Story and photo by
Molly Hayden
Staff Writer

While most equate wrestling with Monday night on the WWF, the sport is gaining momentum within the elementary and high school sectors. More than 70 students, representing Department of Defense Dependents Schools from around Europe traveled to Vilseck High School in Vilseck, Germany, recently to attend a weeklong wrestling camp. Numerous wrestling coaches and athletic directors facilitated the event including Ron Higdon, associate head coach of wrestling from the University of Nebraska at Omaha. Higdon, along with his wife Sandi, traveled 5,000 miles to share the fundamentals of success both on and off the mat. “It starts with the basics,” said Higdon. “To be a good wrestler you have to have self-discipline. Those characteristics learned on the mat will prove essential in life as well.”

While Higdon drilled the students on performance and wrestling techniques, Sandi explained the importance of education and future planning. “It’s important for the kids to know they have to do well academically in order to succeed athletically,” said Sandi. “They go hand in hand.” For the participants, ages 7 to 18, the camp was an eye-opening experience. “I’m learning a lot about mental toughness on top of the techniques,” said 18-year-old Dan Lengyel, from Casteau, Belgium. “It’s all about proving yourself.” Sixteen-year-old Aaron Hogg from Vicenza, Italy, agreed. “It’s an individual sport,” said Hogg. “You are on your own and with each match you build confidence.” During the daily demonstrations wrestlers attempted to gain physical advantage over their opponent while they practiced holds and pins. Coordination and balance were inter-related as each wrestler used a series of grappling techniques mixed with lifts, trips, drags and pushes learned to pull their opponent to the mat with control. The sport is a great way to get a cardio workout, strengthen muscles and learn to pin down annoying siblings with ease. Using one’s own momentum along with an opponent’s momentum, however,

is important in any takedown, according to 7-year-old Kaleb Burgess. “You just have to pin them on the mat,” said Burgess. “It doesn’t matter if they are bigger than you, you can still do it.” The camp was designed for wrestlers at every experience level and participants were grouped based on experience and size, which allowed them to learn at their own pace. Additionally, the course enabled every athlete to use the newly honed skills to their maximum capability, becoming equals with their opponent. “It’s one-on-one out there and you can only count on yourself, push yourself,” said Vilseck High School Principal Duane Werner. “Whether it’s on the mat or in life, you get out what you put in.”

Nick Weiser (left) and Matthew Lengyel, both 16, square off for a practice match during wrestling camp held at Vilseck High School, Aug. 4. More than 70 students from around Europe practiced their grappling techniques and honed skills needed to take down their opponent during the week-long camp.



Garrison calls for feedback on its services

Survey will run from Aug. 30 through Sept. 26

by **U.S. Army Garrison Grafenwoehr Public Affairs**
News Release

The U.S. Army Garrison Grafenwoehr’s annual Customer Service Assessment, sponsored by Headquarters, Installation Management Command, begins, Aug. 30. Available online at www.mymilitaryvoice.org until Sept. 26, it collects feedback from leaders, Soldiers, family members, civilians, retirees and veterans on garrison service delivery. This includes services from Family and Morale, Welfare and Recreation facilities, housing, military personnel services, transportation, religious services and more. This is the opportunity for all customers of these services to let the garrison know what is important to them and how the garrison service providers have performed over the past year. As well as rating service delivery, survey participants will have an opportunity to provide comments about what has been done and where there maybe opportunities

for improvement. “The annual Customer Service Assessment is just one method for the garrison to get the ‘voice of the customer,’” said Lisa LaLiberte, Plans, Analysis and Integration Office, Customer Service officer. “It’s essential that we capture feedback from senior leaders and junior enlisted Soldiers within the companies and units and get feedback from family members, veterans, retirees, civilian employees, and contractors as well.” Survey results will be reported separately by the different constituent groups. “The best way the garrison commander and directors can get an accurate picture of customer satisfaction and expectations is from maximum participation. “For this year’s survey, we will be making a big push to get more feedback from all constituent groups. Their input will enable the garrison leadership to determine where improvements can be made,” LaLiberte said. For more information on the 2010 Customer Service Assessment, contact Lisa LaLiberte, Plans, Analysis and Integration Office, Customer Service officer, at DSN 475-8881, CIV 09641-83-8881 or e-mail lisa.laliberte@eur.army.mil. Let your voice be heard!

Climbers rock out with ODR



Photos by Molly Hayden

Spc. Zack Thompson (left), from 1st Squadron, 2nd Stryker Cavalry Regiment, and Maj. Chris Solinsky (above), 642nd Contingency Contracting Team, maneuver their way up a steep cliff during a rock climbing excursion with the Rose Barracks’ Outdoor Recreation, recently. ODR offers a new climbing adventure each week, including belay certification, equipment and transportation. Each climb offers a unique glimpse of the surrounding area and is suitable for all skill levels. For more information, call DSN 476-2563, CIV 09662-83-2563.

BOSS Soldiers join forces with BOS students in ‘Little Berlin’

Story and photo by
Trecia A. Wilson
Assistant Editor

There were shy smiles, nervous laughs and cautious handshakes as the Soldiers from U.S. Army Garrison Grafenwoehr Better Opportunities for Single Soldiers program joined German college students from the Berufliche Oberschule in Hof on a tour to bridge the language and cultural gap and learn about the town of Moedlareuth, July 23. Berufliche Oberschule (BOS) roughly translates to vocational junior college and this one, located in Hof an der Saale has about 700 students. Students who attend the school come from as far as 50 kilometers away. “We take classes in physics, English, chemistry, history and math at BOS then we finish at the University,” said Simon Wolf, a BOS student and Hof resident. The trip was the birth child of BOS English teacher and former U.S. Soldier Robert Thern, who after his Army tour ended, chose to stay in Germany with his German wife and children. “I wanted to find a situation where my students could meet normal Americans,” he said. Thern was assigned to the 511th Military Intelligence Battalion in Ludwigsburg, Germany, and attached to the 502nd Military Intel-



ligence Company of the 2nd Armored Cavalry Regiment in 1989 in Hof. The 2nd ACR was responsible for patrolling the wall in the area of Moedlareuth during Thern’s military tour. Moedlareuth is often called Little Berlin by Americans because it has one major thing in common with Berlin. It was also divided in two during the Cold War. The northern part of town was in East Germany and the southern part in West Germany. The group toured the museum and watched a

Students from the Berufliche Oberschule in Hof and Soldiers from U.S. Army Grafenwoehr’s Better Opportunity for Single Soldiers program tour the village of Moedlareuth, July 23, for a day of cultural exchanges, history lessons and practicing foreign language skills.

video about the region and its struggles, which included actual video clips of East German Soldiers patrolling the wall and of tractors tearing down the wall at the end of the Cold War. A small section of the wall remains for historical purposes. It is the open-air segment of the museum and still has guard towers, fences and bunkers. An eerie reminder of the days when talking to a friend or family member across the wall just 20-feet away could get a person killed. Thern shared many personal anecdotes and

explained how he was even mistaken as an East German after the wall came down. “It also seemed ironic,” said Thern, “that I, a former U.S. Army border liaison officer should be mistaken by people from both sides of the former Iron Curtain as ‘one of those from over there.’” Despite the reunification of Germany, the town is still split, only now it is between the German states of Bavaria and Thuringia. The Thuringian part of the village belongs to Gefell while the Bavarian part belongs to Toepen. “Actually seeing the wall and walking around it helped me understand how life could have been for those living in that area,” said Spc. Ebony C. Swinson, PAD OPS, Bavaria Medical Department Activity. “It really makes you appreciate the freedoms that we have now,” Swinson said. “I could not imagine being in the same place, but separated from my family by a wall, and having no say in the matter or the ability to interact with them.” The group went to a traditional biergarten after the tour to eat and spend more time getting to know one another. “The bus (to Grafenwoehr) did not leave until 2100,” said Thern. “They were just having too much fun. I have never seen my students speak so much English. They were totally enthusiastic about the experience.”



Parents have great items for back-to-school list

by Ann Bruennig
USAG Grafenwoehr School Liaison Officer

It's that time of year again — back to school! Pencils, paper, notebooks and scissors are all items on the shopping list. But there are a few other items parents should be adding to their list of things to “check out.”

Free, free, free! Free SAT & ACT PowerPrep software is being offered by e-knowledge to all military students.

The SAT and ACT PowerPrep DVDs include more than 11 hours of video instruction and 3,000 files of supplemental test prep material, thousands of interactive diagnostic tools, sample questions, practice tests and graphic teaching illustrations are indexed for easy use.

To place an order, go to: www.eKnowledge.com/USA and use the sponsorship code: FMX826824.

The Department of Defense offers free one-on-one tutoring to military affiliated families, including active duty, wounded warriors, Reserve, National Guard and Department of Defense civilians.

Study Strong/Tutor.com is available to all students via the web on demand, 24/7 and at your local garrison Family and Morale, Welfare and Recreation library. Students can access all types of homework resources and connect to a tutor for assistance with any educational question. All ses-

sions are anonymous. Tutors ultimately maintain control of the online classroom, and only one student and one tutor are in the classroom at a time using a secure connection. All sessions are recorded and reviewed for quality control.

Tutors match their tutoring style and the pace of the lesson to meet the needs of the student. Tutors never do the work for the student, but provide the instruction and support needed while students do the work themselves. At the end of each session, the tutor ensures the student has a complete understanding of the topic.

Contact your local garrison library or school liaison officer for the pass code to access the program via this link: www.myarmyonesource.com/ChildYouthandSchoolServices/CYSServicesOnlineTutoring/default.aspx.

The next item on parents' list should be the Student Online Achievement Resources (SOAR) link: www.soarathome.org.

SOAR is an innovative program that makes it easy for parents to play an active role in their children's education. SOAR is designed for military families, and is easily accessible worldwide.

Students take an assessment aligned to state standards, and SOAR directs them to individualized tutorials to improve skills where needed. Parents can monitor their children's progress from anywhere, and are provided with resource materials.

Resource materials include parent tutorials, learning videos, message boards and links to your local garrison school's homepage.

In addition to the online resources, Child, Youth & School Services School Age Centers and Youth Centers offer homework and technology labs.

Homework lab instructors work closely with the school liaison officer and local Department of Defense Education Activity (DoDEA) schools to ensure your students have the tools they need to succeed. The labs are equipped with a wide variety of resources to support what your students are learning every day in school.

The state of the art technology labs offer a wide variety of computer and digital education options. Students can explore astrology, photography, engineering, software programs, robotics and more.

For those little ones who are looking forward to kindergarten in school year 2011-2012, CYSS has the preschool Strong Beginnings available at your local garrison child development center.

Children who are 4 years old prior to Sept. 1 are eligible to participate in the program that consists of literacy education, phonics, mathematics and handwriting, all in a classroom environment.

When parents add this list of resources and programs to their back to school shopping list, along with help from their local school liaison officer, students will be well on their way to academic success.

First day of school 1st - 12th grades Aug. 30

USAG Ansbach
New student/family orientations
Rainbow Elem. - Aug. 23, 11:30
Illesheim Elem. - Aug. 24, 9 a.m.
Ansbach Mid./High - Aug. 26, 1 p.m.
Ansbach Elem. - Aug. 27, 11 a.m.

Ansbach ES Welcome BBQ
Aug. 27, noon
Illesheim ES PTSA Cook-Out
Aug. 27, 3 p.m.
Rainbow ES Welcome BBQ
Aug. 27, 3 p.m.

Open House
Ansbach Mid./High - Aug. 31, 5 p.m.
Rainbow Elem. - Sept. 7, 5 p.m.
Ansbach Elem. - Sept. 8, 5 p.m.
Illesheim Elem. - Sept. 9, 5 p.m.

Kindergarten begins Sept. 7
Sure Start begins Sept. 16

USAG Bamberg
New student/family orientations
Bamberg Elem. - Aug. 27, 10 a.m.
Bamberg Mid./High - Aug. 27, 1 p.m.

Open House
Bamberg Elem. - Aug. 30, 12:30 p.m.
(lemonade on the Lawn)
Bamberg Mid./High - Sept. 2, 5:30 p.m.

Kindergarten/PSCD begins Sept. 8
Staggered start – Parents will be informed when their student will start during the home visit.

USAG Garmisch
New student/Family orientations
Garmisch Elementary/
Middle/ kindergarten
Aug. 27, 1 p.m.

Open House
Garmisch Elementary/Middle
Sept. 10, 4 p.m.

Kindergarten begins
Sept. 3

USAG Grafenwoehr
New Student/Family Orientations
Netzberg Elem. - Aug. 20, 4 p.m.
Vilseck Elem. - Aug. 23, 10 a.m./4 p.m.
Grafenwoehr Elem. - Aug. 24, 9 a.m.
Vilseck High - Aug. 25,
9th grade, 3:30 p.m.
All new, 5 p.m.
Netzberg Mid. - Aug. 26, 12:30 p.m.

Open House
Netzberg Middle - Sept. 8, 4-6 p.m.
Grafenwoehr Elem. - Sept. 9, 4 p.m.
Vilseck Elem. - Sept. 9, 3:30-4:30 p.m.
PTSA BBQ follows
Vilseck High - Sept. 14, 6 p.m.
Netzberg Elem. - Sept. 14, 5-6 p.m.

Kindergarten/PSCD begins Sept. 7
(Vilseck Elementary will stagger start Sept. 7-8)

Sure Start begins
Vilseck Elem. stagger start - Sept. 14-15
Netzberg Elem. - Sept. 16

USAG Hohenfels
New student/family orientations
Hohenfels Elem. - Aug. 26, 9:30 a.m.

Hohenfels Elem. - Aug. 27, 2:30-4 p.m.
Meet, Greet & Treat Social

Hohenfels Mid./High - Aug. 27, 2 p.m.

Open House
Hohenfels Mid./High,
Hohenfels Elem. - Sept. 9, 4:30-5 p.m.

Middle School begins - Aug. 30
High School begins - Aug. 31
Kindergarten begins - Sept. 7
Sure Start begins - Sept. 14

USAG Schweinfurt
New student/family orientations
Schweinfurt Elem. - Aug. 24, 10 a.m.

Schweinfurt Middle/Back to School Picnic
Aug. 26, noon
6th graders - Aug. 26, 1 p.m.
7th and 8th graders - Aug. 26, 2 p.m.
Schweinfurt kindergarten - Aug. 27, noon
Bamberg High - Aug. 27, 1 p.m.

Open House
Schweinfurt Elem. - Sept. 9, 4:30-6:30 p.m.
Schweinfurt Mid. - Sept. 9, 4:30 p.m.-6 p.m.

Kindergarten begins Sept. 7
Sure Start begins Sept. 16

Know your SLO



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Getting flu shot should be on everyone's list

by U.S. Army Europe Public Affairs
News Release

It's back to school time, but this year flu season will be a lot simpler. This fall, a single vaccine will protect you from three prevalent strains of flu. Parents will have the choice of the FluMist spray or an injectable vaccine for their healthy children 2 years and older. Soldiers and other adult beneficiaries will also be able to receive FluMist or an injection. Don't allow you or your family to be among the over 600 people in U.S. Army Europe last year diagnosed with the flu — protect yourself through immunization.

Immunization of school age children and children in child care settings is critical to stopping the spread of preventable illnesses. This year, the seasonal influenza vaccine, or flu shot, is required to attend Department of Defense Dependents Schools and child care facilities. Children can spread the flu quickly throughout a school or day care, and bring it home to family members. So protect your children and family — get the flu vaccine.

Serving up 60 years of excellence

Staff Sgt. Antonio Frazier, an information system manager with the 69th Signal Battalion, serves a piece of cake to retired 1st Sgt. Jimmy Robinson during the University of Maryland University College's 60th birthday celebration at the Grafenwoehr Education Center, Aug. 6. The celebration took place simultaneously at education centers throughout the Middle East and Europe.

“Anywhere we have Soldiers, we have offices,” said Jenna Briggs, field representative at the Main Post-Rose Barracks offices. Briggs also said her father earned his degree through the University of Maryland University College while deployed in Vietnam in 1967. More than 50 Soldiers and community members attended the event.



Photo by Jeremy S. Buddemeier

Prepare for fall SAT/ACT college entrance exams

Eknowledge donates \$200 SAT and ACT test prep programs to high school students across America

Eknowledge recently announced the continuation of its Sponsorship Alliance Program, donating world-class SAT and ACT college test preparation programs. Over the past five years, with the support of caring NFL and MLB players, Sponsorship Alliance Partners including nonprofits, corporations and groups, eKnowledge has donated over \$32 million of free SAT and ACT college test preparation products. Eknowledge has received over 55,000 thank you letters and testimonials from grateful

recipients of the donation.

The software may be ordered online or by telephone.

To order online follow these two simple steps:

- Visit www.eKnowledge.com/USA
- Enter Sponsorship Code: FMX826824

To order by telephone call 951-256-4076. Reference: Army/IMCOM SLO

2010 SAT Test Dates

Oct. 9, Nov. 6, Dec. 4

2010 ACT Test Dates

Sept. 11, Oct. 23, Dec. 11

SAT/ACT TIP Make sure you understand the directions before you take the test. You won't waste time or energy on anything but the questions themselves. The SAT and ACT PowerPrep DVDs include more than 11 hours of video instruction and 3,000 files of supplemental test prep material, thousands of interactive diagnostic tools, sample questions, practice tests and graphic teaching illustrations are indexed for easy use.

There is a nominal charge of \$13.84 per standard program for the cost of materials, processing, distribution and customer service. Eknowledge does not profit from this

venture.

For more information, contact Trish Verzera, 951-256-4076 or e-mail Trish@eKnowledge.com.



Blackhawk Soldier fulfills military service dreams



Pvt. Jason Thompson, an infantryman with the 2nd Battalion, 28th Infantry Regiment, quit his job of 10 years and enlisted in the Army.

Story and photo by
Spc. Robert J. Holland
172nd Infantry Brigade Public Affairs

Pvt. Jason Thompson, an infantryman with 2nd Battalion, 28th Infantry Regiment, had a good life before the Army.

He had a stable job, a loving wife and a daughter, and was doing better than most during these tough economic times.

However, Thompson had a dream to serve his country, which had gone unfulfilled since he was a teenager. After years of thought he finally decided to enlist, he said. He quit his job of 10 years and took the oath of enlistment 11 years later than the average enlistee normally does.

For many recent new Soldiers, the decision to serve in the military has come later in life. In fact, the average age of a new Soldier is on the rise according to the United States Army Recruiting Command website. For fiscal year 2009, the average age was 22.

Sgt. Bradley Rylance, Thomp-

son's squad leader, said this new generation of older warriors has brought worldly experience, new skills and valuable education to the table.

"For me it was the experience and it was more of a goal," Thompson said and asked himself. "I am 33 — can I get through infantry basic?"

Thompson was successful in his civilian career as a union pipe fitter who oversaw 20 other employees. However, Thompson said he had the urge to serve his country and fulfill one of his longstanding goals.

His recruiter scoffed and suggested a different career path when Thompson told him he wanted to go infantry. However, Thompson was persistent.

"Basic was pretty easy for me," he said. "The drill sergeants knew they wouldn't have any problem with me. They didn't even know my name."

Thompson credits his success at basic training with his age, life experience and ability to deal with stress. Thompson said there were a lot of younger Soldiers training with him

who couldn't physically keep up or manage their stress well.

"You got to go in head first and get it over with," he said. "I think a lot of the issues the younger Soldiers face are because they don't know what to expect."

Thompson said his experience in the civilian world has helped his Army career so far.

"I think a lot of the guys realized I am older and more mature," Thompson said. "They don't really have to worry about me doing what I am not supposed to do, being late or being in the right uniform like they do with some of the younger Soldiers. My age has helped me out a lot since being here."

Thompson said the experience he has gained as a leader in his civilian life before enlisting helped a lot, too.

"Leadership is definitely something the army looks for, from what I have observed in my unit so far," he said. "Even though I am just a private, they still look at me to keep an eye on the new guys."

Rylance said Thompson is an outstanding example of what a Soldier should be.

"He is more willing to cooperate he doesn't ever ask questions," Rylance said. "You give him a task and he gets it done in a quick and timely manner, and he does it right. You don't have to go check on him or micromanage anything he does."

Rylance said he expects Thompson's Army career will be one filled with success.

Rylance said he agrees that Thompson's civilian experience has helped him forge a successful Army career so far. The added maturity, work ethic and ability Thompson gained from the civilian world has helped him stand out from the younger Soldiers.

"I think he will progress extremely fast," Rylance said. "He is going to be a great leader. I see him retiring at least as a first sergeant."

"He doesn't ever quit," Rylance said. "He is just an outstanding Soldier."

172nd begins Eschenbach partnership with fest

Story and photo by
1st Lt. Noah Finley
172nd Infantry Brigade Public Affairs

Leaders of the 172nd Infantry Brigade "Blackhawks," came together with the people of Eschenbach, Aug. 1, to celebrate the town's annual Citizens Festival and as a sign of the growing partnership between the military and local German communities.

"It's a great honor for us that Col. Zachar and the officers from the 172nd Brigade are here today," said Peter Lehr, the mayor of Eschenbach.

The 172nd is scheduled to sign a partnership agreement with the city of Eschenbach, Sept. 24. This partnership will bring together the military community of Netzbach and the neighboring German town. Lehr said he hopes that a true and long-lasting friendship will develop, benefiting both the German and Army families alike.

Lehr said that the 172nd's participation in the Citizens Fest is a sign that the community partnership is already starting to take shape.

"We look forward to a great partnership with Eschenbach," said Col. Frank Zachar, commander of the 172nd Inf. Bde. "It is our privilege to be here."

Zachar said he recognized the continuing support Eschenbach provides the 172nd's families.

"It is our families that give us strength to carry on with our mission," Zachar said.



Col. Frank Zachar, commander, 172nd Infantry Brigade, taps the official beer keg during Eschenbach's Citizens Fest, Aug. 1.

Training surge to prepare Europe's soldiers

by **Denver Makle**
7th U.S. Army JMTC Public Affairs

August marks the beginning of a three-month surge in training at the Joint Multinational Training Command's Grafenwoehr Training Area and Hohenfels Training Area in eastern Bavaria.

The training includes tactics for Counter-Improvised Explosive Device, International Security Assistance Force (ISAF) training and full-spectrum operations, as well as small-arms qualifications, vehicle gunnery and live-fire exercises.

Rotational exercises are scheduled to bring the 170th Infantry Heavy Brigade Combat Team, the 15th and 54th Engineer Battalions, and soldiers of multiple NATO countries to the training areas, which will prepare them for missions in Afghanistan.

"The training in August is a surge because of the confluence of small exercises that came together to create a larger exercise," said Maj. Kevin Broadnax, G3 (Training) plans officer, at the Joint Multinational Training Command in Grafenwoehr. "We are using all of the Grafenwoehr and Hohenfels training areas to support the training."

Hohenfels Training Area is the home of the Joint Multinational Readiness Center. During a typical training scenario a brigade headquarters is at Hohenfels, long-known as the Army's premier maneuver training site in Europe.

Units train at Hohenfels Training Area, while subordinate units are dispersed throughout Grafenwoehr Training Area, well-known for its vast live-fire capabilities, or various other training areas in the region.

"Instrumentation towers at Grafenwoehr allow Soldiers to operate over much larger areas, replicating closer-to-reality distances for commanders and their staffs, said Dan Hoeh, director of instrumentation, training analysis, computer simulations and support at JMRC. "The hardware and antennas at Grafenwoehr are integrated into the JMRC, and provide the commander of the operations group, and his senior trainers' situational awareness of the two-separate training areas."



Photo by Christian Marquardt

Staff Sgt. Matthew Lally, Charlie Company, 3-4th Infantry, 170th Heavy Brigade Combat Team, checks on his platoon's ammunition levels during live-fire training at the Joint Multinational Training Command's Grafenwoehr Training Area, July 28. This summer and fall will see a record number of Europe's Soldiers training at JMTC's Grafenwoehr and Hohenfels training areas in preparation to deploy to Afghanistan.

Soldiers move from one training area to the other, and are monitored at all times. The infrastructure allows the operations group to collect more training-feedback, data, execute better command and control, and provide better feedback to the training unit commanders and Soldiers, said Hoeh.

"The training prepares the units for deployment. We've requested observer/controller augmentation and enabler support from other units in U.S. Army Europe to execute the rotation," Broadnax said. "We have multinational forces either training with U.S. Soldiers, or supporting the rotational training units."

Soldiers from the Republic of Georgia are participating in a mission rehearsal exercise this month. Likewise, during OMLT XVI, NATO is

planning for training with U.S., French, Czech, Hungarian, Romanian, Italian, Spanish, Slovakian, Slovenian, Finnish, Polish, British, German and Afghan participation.

Currently, ongoing mission support to the International Security Assistance Force involves Soldiers from about 44-different troop contributing nations. The JMTC provides training to 39 of 44 troop contributing nations.

The multinational participation replicates the current operating environment in Afghanistan.

"NATO sends their soldiers here to train. It's a readiness exercise," said Capt. Ron Gevry. "They don't have a dedicated opposing force, instrumentation and training aids to improve their capacity, and they get immediate feedback on their staff processes."

15th Engineer Bn. creates helipad safety berm

In-house project saves JMTC \$51,000

by **Michael Beaton**
7th U.S. Army JMTC Public Affairs

The 15th Engineer Battalion recently completed a safety berm at the Grafenwoehr Army Airfield in Grafenwoehr, Germany.

The troop construction saved the Joint Multinational Training Command more than \$51,000 in construction costs, while the engineers performed skills that required both vertical and horizontal construction, which they rarely get to do simultaneously.

"We had to stay flexible, and be resourceful to tackle the problems that came up during the project," said 1st Lt. Eric Sears of the 15th Engineer Battalion's, 500th Engineer Company.

"The Grafenwoehr Training Area is really huge, and it was built by the Germans, over a swamp. They drained and shifted the water table when they reclaimed the land to build the facilities. The terrain and drainage at this site, and all around the Grafenwoehr Training Area is especially difficult to gauge for this kind of project."

A berm is a mound of earth with sloping sides. After some changes in the initial plan, the final berm consists of a bottom layer of fill material followed by an impervious layer of clay at least one foot thick, and finally the surface layer of good quality topsoil. The slope and shape of the clay layer was adjusted to ensure the drainage was sufficient for this area before the topsoil layer was added, he said.

"If we have a situation for example where an Apache AH-64 tries to fire a rocket, while training

over Graf, and that rocket doesn't respond," said Steve Shaw, airfield manager. "We need to be ready to help them to disarm, quickly and effectively. The berm acts as a safety clearing barrel for any weapons that are not doing what they should on a helicopter."

The newly completed berm will contain a 30mm round, and stop a Hell-fire missile in the event of negligent discharge. It won't allow a Hell-fire missile to travel to arming distance.

The relocation of the berm has enhanced the safety of the airfield. It provides a safe place to disarm aircraft after an in-flight emergency, or if the aircraft is unable to return to the range complex because of mechanical failure.

The newly designed pad also provides a safer working environment for disarmament crews. The cement pad is smooth and flat, as

opposed to the uneven grassy area that was part of the old disarming area.

"Today, through the efforts of these Soldiers, the Joint Multinational Training Command scored a triple win," said Col. Michael S. Higginbottom, JMTC's chief of staff.

"First and foremost the construction of this berm makes the airfield a safer place to deal with helicopter emergencies and weapons contingencies; second, it allows for wider Mission Essential Task List training possibilities; and third, it was constructed at significant savings to the U.S. Army; that's a triple win," said Higginbottom.

Grafenwoehr's Department of Public Works originally estimated the construction costs of the berm by a private contractor at more than 60,000 euros.

Vilseck community honors fallen comrade

Story and photo by
Trecia A. Wilson
Assistant Editor

Quiet sobs echoed through Vilseck Chapel, July 27, as the community, both German and American, joined to honor 1st Lt. Robert Bennedsen, who was killed in action when he was struck by an improvised explosive device while conducting a vehicle recovery mission outside of Qalat, Afghanistan, July 18.

Dragoons from the 2nd Stryker Cavalry Regiment and soldiers from Combined Team Zabul held a similar memorial service on Forward Operations Base Apache, July 22.

Assigned to 2nd Squadron, 2nd Stryker Cavalry Regiment, Bennedsen was the first 2SCR Soldier lost during their Operation Enduring Freedom 2010-2011 deployment and that loss weighed heavily on the community as was evident by the large number in attendance.

Dignitaries from the German army and military reserves, German federal forestry office, German police and local mayors joined Bennedsen's friends and military family to mourn his loss.

A native of Vashon, Washington, he was well known not only for his physical accomplishments in football and wrestling, but also for his

intellectual abilities. He received a full scholarship to Seattle University and graduated with a baccalaureate degree in Business in 2008. He was commissioned a 2nd lieutenant, June 13, 2008.

Bennedsen had been with 2SCR since he joined the unit in Bulgaria in 2009 as a logistical support team leader.

"I remember when I first met Lt. Bennedsen," said Capt. David Spooner, chaplain, 2-2nd SCR, as conveyed by Capt. Augustin Ordonez. "He was half caked in mud with his hands covered in grease. I remarked to myself, 'there is a man who enjoys his work.'"

"When I joked with him about it," added Spooner, "he said, 'I've got to lead from the front, sir.' That he did. He was always out front putting the needs of his Soldiers before his own. That was his life and his death."

"Lt. Bennedsen thought more about the Soldiers than himself," said Chief Warrant Officer James Caetano, maintenance officer, 2-2nd SCR, also read by Ordonez. "Even before he came here, he had already coordinated with his family and friends back home to start sending care packages to Afghanistan for his Soldiers."

"They actually arrived before the Soldiers did and these were no ordinary packages," Caetano added. "They each were different and packed

carefully with thoughtfulness. We had all of the local products of his hometown. One even included a bottle of Sponge Bob Bubbles with blower. It was labeled "for stress relief."

That last part gleaned laughter from the somber attendees, giving them a chance to smile through their tears.

Bennedsen wasn't just liked by his Soldiers however, his commanders and peers also praised the way he lived his life.

"He made a great first impression on me and leaders and Soldiers across the squadron," said Lt. Col. Omar Jones, commander, 2-2nd SCR, as conveyed by Maj. David McCulley, 2SCR regimental rear detachment commander. "His positive attitude and his enthusiasm to train his Soldiers and support the squadron were infectious."

"I will always cherish the memories that I had with him, from training in Bulgaria, to our morning runs, to his always smiling face," said Capt. Kevin P. Ryan, commander, HHC, 2-2nd SCR, as read by Capt. Ordonez. "I will always remember him for who he was, how he lived his life, and how he led his Soldiers. We will honor Rob by continuing the mission, striving to do the best we can, and to use his example of selfless service to inspire and motivate our actions as we continue through our odyssey."



Germans and Americans filled the Vilseck Chapel on Rose Barracks, July 27, to honor 1st Lt. Robert Bennedsen, 2nd Squadron, 2nd Stryker Cavalry Regiment, who was killed in action July 18 in Qalat Afghanistan.

Bennedsen was posthumously awarded the Bronze Star, Purple Heart, NATO medal and Combat Action Badge. His awards also include National Defense Service Medal, Afghanistan Campaign Medal w/ Bronze Service Star, Global War on

Terrorism Service Medal, Army Service Ribbon, Overseas Service Ribbon, his Airborne and Air Assault wings and the Overseas Service Bar.

Bennedsen is survived by his parents Scott and Tracy Bennedsen and his sister Jamie Bennedsen.

Dragoons fire Excalibur

by **Sgt. Jerry Wilson**
2SCR Public Affairs

ZABUL, Afghanistan — Troopers of Alpha Battery, 3rd Squadron of the 2nd Stryker Cavalry Regiment (Archers) had the opportunity recently to live out their motto of "First to Fire." The Archers became the first battery within the regiment to fire the newest round in the field artillery inventory, the 155mm Excalibur.

The Excalibur round is the first precision-guided, autonomous artillery round with a built-in global positioning system. With its GPS technology, the Excalibur has an improved trajectory glide that has significantly improved its accuracy at ranges greater than 30 kilometers. This increased accuracy allows for a higher probability of first round effectiveness.

Thanks to their recent transition from the older M198 towed howitzer to the newer M777A2 towed howitzer, Archer Battery was able to field the new round for the first time. The M777A2 is a fully digitized weapon which allows it to function with the Excalibur guidance system.

The battery waited to fire the round until they received proper training on the equip-



Courtesy photo

The ground trembles as Archer Battery fires of the first Excalibur round to ever be fired by the 2nd Stryker Cavalry Regiment at Forward Operating Base Ramrod in Afghanistan.

ment, which the unit they replaced in Afghanistan provided. The training included classes in the overall capabilities, functionality of the Excalibur, and how to configure it for firing.

The troopers of Archer Battery considered it an honor to field the new round.

"It was like firing a regu-

lar HE round," said Sgt. Jordan West, a gunner with the Archer Battery. "The excitement came from being the first to fire it in the regiment, the newest artillery round in the Army's inventory. Our battery motto here for Alpha Battery, 3rd Squadron 2nd Infantry, is 'First to Fire,' so it was natural for us."

US takes reins of Uruzgan

Combined Team Uruzgan takes command from Dutch Task Force

Story and photo by
Staff Sgt. John S. Wollaston
CTU Public Affairs

CAMP HOLLAND, Afghanistan — After four years of work and progress in the Uruzgan Province of Afghanistan, Dutch forces handed over control to the region to a combined force of U.S. and Australian soldiers during a ceremony at Camp Holland.

The ceremony ushered in an increased presence in the region for the American and Australian forces who will build upon the stable foundation the Dutch created over the past four years. It was an emotional farewell for the Netherlands soldiers, many of whom have been deployed here more than once and looked on Camp Holland almost as a second home, a sentiment that was echoed by outgoing Task Force Uruzgan Commander Brig. Gen. Kees Van den Heuvel.

"It really is not easy to say goodbye after a period of such intense cooperation," the general told those assembled for the ceremony. "It hurts because it will mark the end of the Dutch led role here in Uruzgan. It hurts because you have to say goodbye to people with whom you have shared very intense experiences and with whom personal friendships have grown."

And while Van den Heuvel noted that there is still a lot of work to be done for and with the people of Uruzgan, he said there were a lot of positive accomplishments to look back on.

"I also leave with a feeling that we were



Col. Jim Creighton, commander, Combined Team Uruzgan and Bernard Philip, Australian Senior Civilian Representative, listen as Khodai Rahim Khan, acting governor of Uruzgan Province, delivers remarks during the transfer of authority ceremony at Multinational Base Tarin Kowt.

able to make a difference," he said. "Together we were able to hold and deepen the Afghan Development Zones, together we enabled an increasing role of the Afghan National Army and Afghan National Police. Together, we dominate the populated areas and the green zones where the population feels more secure."

With local, district and national civilian and military leaders in attendance, the new Combined Team Uruzgan Commander Col. Jim Creighton complimented the outgoing task force and their Afghan partners on their efforts to improve the living and security standards for the residents of the province.

See URUZGAN, page 24

Deployed Soldier witnesses daughter's birth via Internet

by **Staff Sgt. John S. Wollaston**
Combined Team Uruzgan Public Affairs

CAMP HOLLAND, Afghanistan — "Necessity is the mother of invention." That tried and true saying is oft repeated when talking about technological advances invented to help build, design or create some of the great marvels of the world.

The Internet was one of those inventions born of necessity. Created by military scientists to better communicate with each other and laboratories spread across the country, their invention has grown and expanded until it's part of the fabric of our everyday lives, including in a combat zone.

Necessity and invention combined yet again here in the sands of Uruzgan thanks to an Internet voice and video program called Skype. The program is popular among deployed Soldiers as a way to keep in touch with family either back home. This time, its usefulness became apparent for a much more important reason. It helped Captain David R. Cooper, the CJ6 for Combined Team Uruzgan, witness the birth of his

daughter and actually coach his wife through the delivery as well.

"Well, obviously I'm deployed," Cooper said. "And my wife was worried I would miss everything. So we came up with the idea of Skyping. We coordinated with the hospital and fortunately the doctor agreed to it."

So on the banks of the Mississippi River, in a town originally made famous by American literary great Mark Twain, Hannibal, Mo., became famous yet again for what could arguably be called the very first Skype-assisted delivery at Hannibal Regional Hospital.

Cooper credits the live feed for helping to feel more connected with the process and the sense of being there as his wife gave birth to their second child.

"My mother-in-law brought in her laptop, logged into Skype at the hospital which had wireless Internet, fortunately I was able to get connected over here as well," Cooper said as he described how he was able to be "in" the delivery room from half a world away. "I was surprised that a hospital would have a wireless Internet connection like that. It was great."

"I wanted to have David present in any way possible!" said Cooper's wife Laurie via e-mail. "We have used Skype to communicate with our family while we lived in Germany, and it seemed like it would be a dream come true if we could coordinate everything for him to be present from Afghanistan."

While Cooper wished he could have been there in person for the birth of his daughter, he did admit that going through the event via Internet did have one advantage.

"My legs weren't as weak this time," Cooper said with a smile. "I wasn't about to faint this time when the whole thing was happening."

Both mother and daughter are resting comfortably back in Missouri and Capt. Cooper is looking forward to seeing them both in person as soon as possible.

Laurie Cooper and daughter Charlotte recover in the delivery room of Hannibal Regional Hospital in Hannibal, Mo. Her husband Capt. David Cooper looks on via Skype.



Sex Signals delivers serious message

Story and photo by
Trecia A. Wilson
Assistant Editor

It's extreme, it's funny, it's a lecture and yet it feels like a night at the comedy club.

Imagine two people on a date. As the date progresses the two people converse and think they know what the other person is thinking. The flirty eyes and come hither looks. She thinks he's cute and seems like a possible life match. He's not serious, he just wants to have 'fun' and it appears she feels the same way.

These are the first signs of a critical miscommunication and this is where Kyle Terry and Amber Kelly, actors in the Sex Signals presentation, stopped acting and began drawing the audience in with questions about the scene.

They employed the audience to create characters for the scene by asking them what kind of date they were on, what types of personalities the characters had, what the man and woman were wearing and how they might react in a given situation.

When their characters were constructed, they told the audience to look under the seats and pick up the provided "stop" placards. Terry instructed the audience to listen and pay close attention to the situation and lift the placards any time they thought the scene was getting out of control. The two then took the information and dramatized the hypothetical dating scenario using military jargon and acronyms the characters would use as Soldiers, a nice little surprise for the unsuspecting audience that resulted in oohs, awws and guffaws.

The audience didn't get to rest on its laurels though. Just when they thought they were going to get out



Kyle Terry plays the part of a Soldier breaking down emotionally as he speaks to his date, also a Soldier, played by Amber Kelly during the Sex Signals presentation at Grafenwoehr Theater, Aug. 5.

the door without getting too serious, Terry and Kelly surprised them with a question and answer session, which explored how the characters reacted, why they reacted that way and what should or could have been done.

In one scene, Terry portrayed a Soldier who had been accused of raping a fellow female Soldier, while Kelly played the part of a talk show host interviewing him. The talk show was called, "It wasn't my fault."

The tension in the room spiked as laughter subsided and the audience began shifting in their seats. But the two actors pressed on. Step-by-step through the Soldier's date, they examined what happened and how it could have been different and each time he said, "It wasn't my fault."

By this time the audience was truly getting into the scenes and loud

comments and boos erupted from the group. It appeared they thought he was just making excuses for his behavior, blaming everything on the girl.

"How do you explain why you didn't put up the stop placard," Kelly suddenly asked the audience referring to earlier skits. "I saw only a few come up during the skits, but no one yelled for us to stop. No one was really intent on preventing an assault."

This question really got to the heart of the sexual harassment and assault issue. Saying their behavior in the theater reflects their behavior in the actual situations, Kelly and Terry showed Soldiers that when they find themselves in similar situations, they have to act. She said if they sit quietly by, as they did in the theater, with little protest when they see something wrong, people can and

will get hurt.

Sex Signals has been presented more than 400 times at installations around the world including Germany, Korea, Qatar, Kuwait and Iraq as part of the Army's I. A.M. Strong campaign against sexual assault and harassment that was launched in 2008.

The interactive play is one of Catharsis Productions repertoire of educational programs created to engage college students and military personnel in tough conversations about the topics of sexual assault, sexual harassment and oppression. Catharsis Productions was co-created by Christian Murphey and Gail Stern.

"If we can help just one person understand what is happening and they prevent an assault from occurring then I feel I've done my job," Kelly said.

"This show was better than a power point presentation," said Staff Sgt. Christopher Fox, 57th Signal Company. "It was interactive and a fun way to learn about a tough topic."

Following the presentation, the actors issued one single challenge: the extreme consent challenge. For the next 24-hours, the audience members were asked to request consent for anything they wanted from anyone, even something as simple as asking for a drink of someone's soda. But just requesting consent isn't the entire challenge. The audience must wait to do the requested action until they get expressed verbal consent from the person they asked. No grunting or nodding of the head allowed. An actual answer of yes or no must be acquired.

Are you up to the extreme consent challenge?

For more information on sexual harassment and assault prevention or to get help, call your sexual assault response coordinator.

5th Signal deactivates outdated transmitters

Limited number of AFN customers expected to be affected

by **American Forces Network Europe**
News Release

The 5th Signal Command is turning off its over-the-air TV transmitters in most of Germany and Belgium this year in the latest step to modernize the way Americans get their AFN TV services in Europe.

The changes will only affect the relatively few viewers who get only one AFN TV service, AFN Atlantic-Prime, with a roof-top or "rabbit-ears" antenna, and will not impact people who get AFN via on-post cable or from an AFN decoder. In other words, users who see more than one AFN TV service when they turn on their TV will not be affected. Schweinfurt is the only area in Germany that will retain its over-the-air TV transmitter.

AFN is letting viewers know about the changes with a TV commercial that warns about the over-the-air signal going away two weeks before it happens. "If you're seeing the commercial, it's going away," said AFN Europe Commander Col. Bill Bigelow. "If you're not seeing it, don't worry about it."

Most people in the United States and Europe get their TV from a satellite decoder or cable.

The turning off of over-the-air transmitters in Europe has been under way for some time. Terrestrial AFN TV broadcasting stopped in Italy October 2006.

American military personnel saw the first military TV broadcasts in Ramstein in 1957 over an extremely low-powered over-the-air transmitter, with TV debuting in Berlin in 1968 over a one-watt transmitter. Many American military personnel in Europe didn't get AFN TV at all, just radio, until the 1970s. Military viewers in Italy first got American Forces Network TV in 1976, which was also the year AFN television went from black-and-white to color.

AFN continued to broadcast one TV service over different low-powered TV transmitters in Europe until 1997 when the audience started to get AFN Atlantic, AFN Pacific, AFN Korea, AFN-Newssports and AFN-Spectrum by cable or satellite TV decoder.

In 2001, News and Sports became two separate TV services – AFN-News and AFN- Sports.

In 2004, AFN-Movie and AFN-Family services were added. On September 3, 2004, the entertainment services (AFN Atlantic, AFN Pacific and AFN Korea) changed to the name PRIME.

Later, a service was added that features lots of shows for 18-24-year-old viewers: AFN-xtra.

Transmitters will be turned off in the following areas: USAG Ansbach (Bleidorn and Bismark kassernes and Gig Site), Sept. 9; USAG Grafenwoehr Training Area, Rose Barracks and USAG Hohenfels Training Area, Sept. 16.

ACS class helps couples 'fight' for their marriage

by **Cristina Maria Piosa**

USAG Grafenwoehr ACS Marketing Specialist

A married couple is always happy, knows how to communicate, how to work as a team and stay strong and committed. We only wish all married couples were this way!

The reality is that all married couples have problems and this is normal. However, military families are particularly vulnerable due to the fast-paced lifestyle and frequent separations for long periods of time. Studies have shown the divorce rate among active duty Army has been steadily increasing. Factors include the amount of stress on couples, number of deployments, time away and balancing daily demands, to include children.

The U.S. Army Garrison Grafenwoehr's Army Community Service has broadened its efforts to prevent the increase of divorces in our Army, and intends to be a model and standard for all couples.

"Fighting for your marriage" is a new series facilitated by the Family Advocacy Program. The research and materials for the class are created by 25 years of study in the field of marital health and success conducted by the Center for Marital Studies, University of Denver in Colorado. The research brought to light a very successful curriculum: Prevention and Relationship Enhancement Program (PREP). The PREP is designed to increase overall

marital satisfaction and is being applied to Army couples.

"Our Army couples need to reconnect, and by doing so, they can lower their stress and live a more satisfying relationship with their partner," said Tammy Ricketts, licensed independent clinical social worker, USAG Grafenwoehr Family Advocacy Program manager.

"We have identified the common stressors in every couple: from those who are about to jump into marriage, to newlyweds, to those who have been married for more than 20 years," Ricketts said. "We found the perfect study to apply to our community and intend to increase the positive aspects of marriage. By boosting their satisfaction, the stresses of daily life dramatically decrease."

Ricketts said the group discusses a variety of topics that cover more than just marriage, for including risk factors for marital distress, how to talk without fighting, how to problem solve as a team and keeping the fun flowing in your relationship.

"We want couples to learn how to constructively handle conflict, to talk to one another without fighting and teach them how to act on the commitment that they have with one another," Ricketts said.

A couple identified as Carl and Martha attended one of the sessions.

"We got to step outside of our shoes and view the different point of views," Carl said. "It was interest-

ing to see how after four years of marriage, we are still learning about each other. This makes it even more fun because it keeps our relationship fresh. Having and most importantly, keeping, a healthy marriage in the Army is very difficult, a task in itself. This program has helped us understand that we can work as a team and focus on each other."

Another couple, identified as Patty and Stan said they enjoyed the class as well.

"We did not have serious problems, but it helped us reconnect and let us know we are still a great team together," Patty said. "We consider each other real best friends and we have fun together."

"Our intent is that we can help couples with different backgrounds and experiences, and to empower them in a more satisfying life, to include a more sensual and sexual relationship and prevent problems or issues that may be a prelude to a deteriorating relationship," Ricketts said.

Child care is available when registering for the Fighting for your Marriage class. The next class runs Sept. 7-Oct. 12. The class will meet every Tuesday (for a total of six classes), from noon-2 p.m., at the ACS in Rose Barracks. Register in advance as spots are limited. For more, contact ACS at DSN 476-2650 or 475-8371 (CIV 09662-83-2650 or 09641-83-8371), or e-mail graf.acs@eur.army.mil.

Editor's Note: All couples' names used in the article were changed.

Army Europe Travel offices reorganize after award

by **IMCOM Europe Public Affairs**

News Release

HEIDELBERG, Germany – Army Europe official and leisure travelers will be required to use interim procedures as Carlson Wagonlit/SATO Travel (CWTSatoTravel) re-establishes commercial travel offices (CTO) after being re-awarded a two-year travel service contract in late July.

These interim procedures will remain in effect until the on-site offices are fully staffed and all technical capabilities have been established, according to the Defense Travel Management Office (DTMO), which is responsible for establishing travel services contracts for Department of Defense

(DoD) travel services worldwide.

As of Aug. 2, CWTSatoTravel onsite agents have offered limited CTO travel services at garrisons for individuals requiring travel within 48 hours of the request. Short-notice travelers should first call the local garrison CTO office. CTO telephone numbers are the same numbers previously used and should be available in local telephone directories.

Individuals arranging travel more than 48 hours away will be required to use the online reservation request form found at www.cwtsatotravel.com.

After accessing the website, travelers must click the "Military/Dept of Defense" button in the box entitled "Search CWTSato Travel." Next, individuals must select "1.

Army" from the drop-down menu and then click on "US Forces Europe Travelers" from the next drop-down menu. The electronic website submission for routine/nonurgent travel will enable CWTSatoTravel to more effectively handle requests telephonically for urgent travel.

Official travelers should continue to use Defense Travel System. These interim CTO procedures are not intended to supersede usage of DTS, according to DTMO officials. Travel arrangements made and approved in DTS will remain the same. However, for travel that will be charged to the Centrally Billed Account (CBA), a copy of the travel authorization/order must be emailed to the CWT-SatoTravel CTO representative.

For travel arrangements made outside of DTS, the travel authorization/order will need to be hand-carried, e-mailed or faxed to the local garrison CTO office. Tickets cannot be issued unless CWTSatoTravel is provided a copy of the travel authorization/order.

Leisure travelers requiring assistance (except leisure travel in conjunction with official travel) should visit the CWTSatoTravel leisure website at www.europe.satovacations.com. This site is dedicated to personnel assigned to Europe.

For after-hour emergency and en route travel assistance, call 1-866-422-9428. Local transportation offices may be contacted for more information.

Visit our official
U.S. Army Grafenwoehr
Facebook page.
Search "U.S. Army
Grafenwoehr"
using Facebook's
page search engine.

Vaccines protect against disease

August is National Immunization Awareness Month

by Maj. Tina M. Streker
Bamberg Health Clinic

Did you know that immunizations are the safest and most cost-effective action to protect children and adults from many life-threatening diseases? Vaccines protect not only those who get immunized, but also protect the people around them because they aren't spreading disease. The effectiveness of vaccines has been proved time and time again.

Historically, vaccines eradicated smallpox, eliminated wild poliovirus in the United States and significantly reduced the number of cases of measles, diphtheria, rubella, pertussis and other diseases that once ravaged the earth. Despite these efforts, people in the U.S. still die from these and other vaccine-preventable diseases each year.

Don't fall victim to a disease that could've been prevented with the appropriate immunization. Do



Courtesy photo

your part and stay up-to-date on recommended vaccines in order to protect yourself and your family from serious, life-threatening infections. One vaccine you should get annually is the flu vaccine.

On average, five to 20 percent of the U.S. population is affected by the flu each year. The flu vaccine is formulated to protect against three influenza viruses that research shows will be the most common forms of the flu during the upcoming season. This is why it is so important to get the flu vac-

cination yearly. The Centers for Disease Control and Prevention recommends people get their seasonal flu vaccine as soon as vaccine becomes available in your community. When the flu vaccine is available at your local Army health clinic, announcements will be sent out to the community through newsletters, Armed Forces Network television and radio and at town hall events.

The CDC also recommends patients follow the "Take Three" approach to protect themselves and others from the flu:

Take the time to get vaccinated. The CDC recommends people receive a yearly flu vaccine as the most important step in protecting against flu viruses.

Take everyday personal preventive actions to stop the spread of germs. Remember the lessons learned from childhood. Cover your nose and mouth with a tissue when you cough or sneeze and then throw the tissue in the trash after you use it. Wash your hands, wash your hands and wash your hands. Do this often with soap and water. It is important to avoid touching your eyes,

nose and mouth as germs are spread this way. Try and stay away from close contact with sick people and if you are sick with flu-like illness, stay home for at least 24 hours after your fever is gone - without the use of fever-reducing medications - except to get medical care or for other necessities.

Take antiviral medicines as prescribed by your doctor. If you are affected by the flu virus, antiviral medication can treat your illness by making the symptoms milder and shortening the time you are sick. These medicines are different than antibiotics and may work to prevent serious flu complications. It is very important that antiviral medicines be started within the first two days of symptoms.

By getting the appropriate vaccines and following the preventive steps listed above, you increase your chances of staying healthy. Protect yourself and your family - get immunized.

Editor's Note: Information for this article was taken from the Centers for Disease Control and Prevention. Visit their website at www.cdc.gov.

Children brush up on dental hygiene

by Sgt. Natalia Denz
Hohenfels Dental Clinic

It is said that children smile on the average 400 times per day and your local dental facility and host nation partners are committed to preserving that capacity because all people smile in the same language.

The Bavaria Dental Activity and Hohenfels Dental Clinic reached out to the youngest population in the garrison this summer with its "prevention is the best strategy" campaign designed to promote oral wellness.

Representatives from the Hohenfels Dental Clinic provided community dental health care for the preschool and the toddler students of the Child Development Center Hohenfels. Capt. Katie Egbert, Sgt. Natalia Denz, Spc. Amy Leave and Pfc. Jamesha Acoff provided dental education and dental screening exams. In addition, the participating 45 students received individualized oral hygiene instructions, nutritional education and viewed a video on dental health.

The Hohenfels Dental Clinic remains committed to fulfilling its mission to the community by advocating dental wellness through continuous patient education to promoting lasting health.

"There has been remarkable progress in the reduction of tooth decay in the U.S. over the past 30 years," said Col. Theresa Gonzales, Bavaria Dental Activity commander. "Nevertheless, dental caries (also known as cavities) continues to be a significant problem for many children."

Gonzales said cavities continue to be the most common infectious disease of childhood, and the disease is endemic in specific sectors of the population, especially the economically disadvantaged. Some children seem to have a mouthful of cavities, while other children have beautiful teeth. Eighty percent of the cavities are found in only 25 percent of the children. More than half of all children in the U.S. have cavities by the second grade of school. By the age of 17, approximately 80 percent of young people have had a dental cavity.

Many parents do not realize that nutritious food and drinks such as milk, formula, breast milk and fruit juice have naturally occurring sugars that contribute to the decay process.



Photo by Capt. Katie Egbert

Sgt. Natalia Denz evaluates tooth brushing techniques and provides corrective instruction.

When children go to bed with a bottle containing milk for example, liquid sits in the child's mouth for an extended period creating a perfect environment for bacteria. You can't stop feeding your child nutritious food, but you can regulate when and how often your child is exposed to "sugar hits." Limit between meal snacking and if a bottle is needed, use only water at nap or bedtime.

Risk factors for cavities:

The causes of caries are multifactorial and can be reduced by controlling risk factors.

- Frequent intake of carbohydrate-rich or sugary foods enables the cariogenic bacteria to maintain a low pH (acid) on the surfaces of the teeth.
- Night-time bottle feeding, or prolonged use of a sippy cup, can lead to early childhood cavities. The flow of saliva is decreased during sleep, so clearance of the sugary liquid from

the mouth is slowed down considerably.

- Children who already have one or more dental cavities are considered high risk for developing more.
- A low fluoride level on the surface of the teeth reduces the remineralization process and increases the risk for cavities.

Tips for parents:

- The American Academy of Pediatric Dentistry, the American Dental Association and the Academy of General Dentistry recommend that children visit a dentist within six months of the eruption of the first tooth, and no later than 12 months of age.
- Infants should not be put to sleep with a bottle. Breast-feeding at night should be avoided after 12 months of age.
- Infants should be weaned from the bottle at 12-14 months of age.
- Consumption of juice from a bottle or sippy cup should be avoided. Juice should be offered to a child only in a cup. Infants and toddlers should drink no more than 6 ounces of juice per day.
- Cleansing of the baby teeth should be started by the time of eruption of the first primary tooth. A small piece of clean gauze or a small toothbrush can be used.
- Effective dental care requires early identification of children at high risk for dental caries, so they may receive early and appropriate intervention. Caries risk assessment is one of the most important goals of a child's first oral examination. The goal of caries risk assessment is to deliver patient-specific diagnostic, preventive, and restorative services - based on the needs of each individual child.
- Caries risk describes the status of the whole patient. It can be defined as the likelihood of a child getting a new cavity. Reduction of the caries risk levels for pediatric patients is a prevention imperative. First, reduce sugar intake. A dietary assessment can identify when sugar consumption needs to be decreased. Increasing topical fluoride use at home will also reduce the risk of cavities. Your teeth were meant to last a lifetime - let's concentrate our collective efforts at caries prevention and tooth preservation.

Updating DEERS is vital for smooth transition

by Europe Regional Medical Command
News Release

HEIDELBERG, Germany — To assure beneficiaries receive information and educational material about the Tricare Overseas Program managed care contract changeover in September, sponsors are advised to confirm or update their DEERS enrollment and address.

Military health clinics and other authorized organizations access the DEERS (Defense Eligibility Enrollment System) database to

verify benefit eligibility of military sponsors, family members and other beneficiaries. They also use addresses entered in DEERS to mail information and educational material to beneficiaries.

The Tricare Management Activity has selected International SOS, Inc., as the Tricare Overseas Program contractor effective Sept. 1. Information and educational material will be mailed soon to beneficiaries to explain how the new overseas managed care contract will benefit them.

Several options are available

to update or verify a mailing address in DEERS:

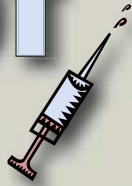
- In-Person: Visit your nearest ID card-issuing office. It can be located at www.dmdc.osd.mil/rsl. Call to verify location and business hours.
- Online at the DEERS Web site, <https://www.dmdc.osd.mil/appj/> address.
- Select "Nonregistered Users" and logon with your CAC or DFAS/MyPay logon.
- Call the Defense Manpower Data Center toll-free from a DSN phone at 99-001-800-538-9552. Calls from local civilian phones

are not toll-free.

Information about the Tricare Overseas Program is available at www.tricare.mil/TOPcontract.

Though transition to the new managed care provider will be largely transparent to beneficiaries, some administrative and appointment processes for host nation health care may change. Procedural changes will be explained in the mailed literature and, as needed, by information provided by the Europe Regional Medical Command or your local Army health clinic.

a shot of advice



by Lt. Col. Stephen Linck
BMEDDAC

Q. When I was in Germany a couple of years ago, a caterpillar caused a bad rash on my skin. Is this still a problem in Europe?

Signed,
Welts while in Wuerzburg

A. Dear Welts, Thank you for this interesting question. There are many types of caterpillars out there and some are not very friendly even though they look so cute. As a general rule, if a caterpillar has a furry appearance it is best to leave it alone. Some of these critters can sting you and cause irritation of the skin. People suffering from asthma can have a serious reaction to exposure. Bottom line, just leave these guys alone!



Linck

Q. When I go outside, I sweat excessively. I drink lots of water and I try to stay in the shade. But if it's hot or humid, I have sweat rolling down the side of my face. Is my body just not equipped to handle the heat? Is there something I can do make it stop? It's a really embarrassing problem.

V/r,
Sweaty in Schlict

A. Dear Sweaty, Great question! Sweating is our body's natural air conditioner and it works great. One thing you must remember is that everyone is different and our bodies all respond in our own unique way. Some folks just flat out sweat a lot and there is nothing you can do about it. Actually, you do not want to stop it because then you could have very serious heat-related injuries. Some people are more tolerant of the heat than others and that's just the way it is. Bottom line: Drink water, stay out of the sun and in Germany just wait, the weather will change.

Q. In the past few days, my head has gone from clear to murky. My eyes are burning, I have wicked headaches and I can feel sinus pressure on my jaw. This has to be from allergies. Is there anything I can do to survive the spring in Bavaria?

Thanks,
Ill in Illesheim

A. Dear Ill, This is a great topic with all of the heat we've had lately and all of the travel possibilities here in Europe. Many people still hear about water being bad in Europe and that, for the most part, is not true. Sometimes when we travel and drink the local water there can be some natural things in the water that your body is not accustomed to. It is not bad water, but you can still get sick if you drink it.

Germany has great tap water and so do most of the European countries. Bottom line: The best and safest way to travel is to drink bottled water. The other bottled products are fine, but water is what our body wants and the other stuff is just not as good.

If you need a shot of advice, e-mail your question to Lt. Col. Stephen Linck at brmc-pao@amedd.army.mil.

What’s Happening

Grafenwoehr/Vilseck Briefs

Forces Europe Exercise

There will be an 8-hour Conventional Forces Europe Exercise, Aug. 19. All units, organizations and agencies on Main Post and Rose Barracks must be prepared to receive “role players” during the exercise. All containers 2 meters cubed are subject to verification by the inspecting nation (role players). You must have keys on hand to demonstrate your ability to open the containers and/or any entrance ways that are 2 meters, i.e. bay doors and gates.

For more, contact Manny Gonzalez, DSN 475-8480; Steve Hood, DSN 475-8823; John Winslow, DSN 475-8817; or Master Sgt. Tracy Woodard, 476-6512.

Youth volleyball camp

DoDDS-Europe will host an AAU-sanctioned volleyball camp at Rose Barracks, Aug. 18-20, (elementary and middle school students; cost: \$75), and Aug. 21-24 (high school students; cost: \$150).

All campers will be required to have a valid physical to participate. For more or to register, contact Brian Swenty at brian.swenty@eu.dodea.edu or bswenty@yahoo.com.

Back-to-School Bash

The USO will host a Back-to-School Bash Aug. 21, 1-4 p.m., at the Main Post USO Pavilion, Bldg. 150. The event will feature Hawaiian themed with music by DJ Mark Carr, games with prizes, face-painting, drawing for prizes, BBQ hot dogs, a bouncy castle and more.

Memorial service

The 2nd Stryker Cavalry Regiment will hold a memorial ceremony to honor the service and memory of Pfc. John Andrade and Pfc. Paul Cuzzupe at 10 a.m., in the Rose Barracks Post (Cavalry) Chapel.

Estate claims

Anyone having claims on or obligations to the estate of 1st Lt. Robert Bennedsen of 2nd Squadron, 2nd Stryker Cavalry Regiment; Paul Cazupe of G Company, 3rd Squadron, 2nd Stryker Cavalry Regiment; or Pfc. John Andrade of I Company, 3rd Squadron, 2nd Stryker Cavalry Regiment, should contact the summary court martial officer, Capt. Christopher Haag, at DSN 476-5391, CIV 01609-027-8066 or e-mail: chris.haag@us.army.mil.

Baby-Sitters course

The American Red Cross is offering

a Baby Sitting Course, Aug. 26, at the Vilseck Red Cross. The course is open to anyone ages 11 to 15, and infant and child CPR is also being offered that day. Contact the Vilseck Red Cross at DSN 476-1760 or 09662-83-1760 for more details.

Community Huddle

The next Community Huddle will be held Aug. 26, 11:30 a.m. to 1 p.m., at the Tower View Restaurant, Main Post, Bldg. 209. The Huddle is a monthly meeting for all community members to find out the latest info on programs, events, construction updates and other important issues.

The Huddle is hosted by Col. Vann Smiley, USAG Grafenwoehr commander, and garrison directors and subject matter experts will brief topics and answer questions.

Friendship Walk

Come out for the Friendship Walk Aug. 28, 10 a.m.– noon, at the Grafenwoehr Fitness Center. The one-mile walk will promote special needs awareness and will be followed by activities for kids and include information booths.

For more, contact EDIS (Educational and Developmental Intervention Services), at DSN 476-3221, CIV 09662-83-3221 or e-mail Doris Garland at sejoso3@yahoo.com.

Freedom Run

Put on your running shoes and join us in supporting our troops for the 2010 9-11 Freedom Run. USAG Grafenwoehr, Family and MWR, and the nonprofit organization “We do Care” is hosting a 9.11-mile run and a 9.1-km run/walk on Main Post, Sept. 11, at 9:11 a.m., at the Grafenwoehr Physical Fitness Center, Bldg. 170.

The event is part of a larger effort with five races being held in four military communities and on three continents on the same day including Barrington, Ill.; Guantanamo Bay, Cuba; Eskan Village, Saudi Arabia; USAG Benelux Belgium.

For more information contact Serge Kearse, serge.kearse@eur.army.mil, DSN 475-8207, CIV 09461-83-8207 or the Grafenwoehr Physical Fitness Center at DSN 475-9007, CIV 09461-83-9007.

Legal education program

The Judge Advocate General’s Corps is now accepting applications for the Army’s Funded Legal Education Program. Under this program, the Army projects sending up to 25 active duty commissioned officers to law school at government expense.

Interested officers should go to www.jagenet.army.mil or contact Maj. Jerrett Dunlap, JMTC deputy staff judge advocate, at DSN 475-8061.

Hohenfels Briefs

Retirement ceremony

The Hohenfels community will host a retirement ceremony for Soldiers and civilian employees from the Hohenfels and Grafenwoehr communities, Aug. 18, at 4 p.m. in the Post Theater, Bldg. 3. All members of the community are invited to attend to show support for the participants’ long service to the United States.

Deployment ceremony

C Company, 1st Battalion, 4th Infantry Regiment, invites the community to attend the deployment ceremony for Team Cherokee, Aug. 19. Civilian personal can dress in civilian attire and all military personal must dress in duty attire. The ceremony will take place at 10 a.m. on Warrior Field next to Bldg. 856. For inclement weather the ceremony will be moved to the Post Gym at Bldg. 88. The requested arrival time is 9:50 a.m.

Parent’s Night Out

Take advantage of the extended care offered by Child, Youth and School Services, Aug. 20. Children 6 weeks old through kindergarten who are registered with Parent Central Services are eligible to come to the Child Development Center, Bldg. 111, between 6:30 and 11:30 p.m. for extended care. The price is \$20 per child. The next Parent’s Night Out will be Sept. 17. For more, call DSN 466-2078, CIV 09472-83-2078.

Youth Center lock-in

School age children, grades one to six, and teenagers grades seven to 12 are invited to a lock-in to be held at the School Age Center and the Youth Center, Aug. 20, beginning at 6:30 p.m. and ending the next morning at 7 a.m. Enjoy games, movies, friends and fun. The price is \$20 per child for the School Age Center lock-in and \$10 per child at the Youth Center lock-in. For more, call DSN 466-2078, CIV 09472-83-2078.

Bunco

Drop off the kids at Parents’ Night Out or the Child, Youth and School Services lock-in and have a night of Bunco fun. Win great prizes, meet new friends and sample great food and beverage specials at Bunco night at The Zone, Aug. 20. The cost is \$10 per person which includes a light buffet. The doors will open at 5:30 p.m., and the game will start at 6:30 p.m. Registration is recommended. Prizes will be given for most losses, most wins and most buncos. Sign up online at https://webtrac.mwr.army.mil/sites/eu.html or call DSN 466-3676, CIV 09472-83- 3676.

Texas Hold’em

Go all in at this month’s Texas Hold’em night at The Zone, Aug. 20. The registration fee is \$25 and will include a light buffet. Registration is recommended. All customers can register at Outdoor Recreation, Bldg. H15, or online at https://webtrac.mwr.army.mil/sites/eu.html. Doors will open at the Zone at 5:30 p.m. and the game will begin at 6:30 p.m. There will be unlimited re-buys until 9:30 p.m. For more, call DSN 466-3676, CIV 09472-83-3676.

Berlin trip

Let ITR take you on a tour of Germany’s capital, Aug. 21. See the major sites including the Brandenburg gate, the Berlin Wall memorial site, Check-point Charlie and much more. After the tour, you will have plenty of free time to discover all of the beauty of the city. The bus will depart Hohenfels from ODR, Bldg. H15, at 4 a.m., and will return at midnight. The cost is \$85 per person which includes the city tour and transportation. Seating is limited to the first 50 customers. For more, call DSN 466-3676, CIV 09472-83-3676.

Klettersteig rock climbing

Join Outdoor Recreation for Klettersteig, a combination of rock climbing and trekking on prepared routes using specialized equipment, Aug. 21. Routes vary from moderate to high difficulty. Participants must be in good overall physical condition without an unusual fear of heights. ODR provides equipment, transportation and guide. For more, call DSN 466-2060, CIV 09472-83-2060.

Munich Zoo

Discover and explore one of the oldest and best Geo-Zoos in the world, Aug. 28. The zoo is divided into continents according to the Geo-Zoo concept, resulting in 15 areas covering 36 hectares. The bus will depart Hohenfels from Outdoor Recreation, Bldg. H15, at 6:30 a.m., and will return at 8 p.m. The cost is \$45 per person and includes admission to the zoo. Seating is limited to the first 50 people. For more, call DSN 466-3676, CIV 09472-83-3676.

Hunting license course

After completion of this class, Sept. 7-25, you will have your German hunting license. Sign up before Sept. 6 at Outdoor Recreation, Bldg. H15. For more, call DSN 466-2060, CIV 09472-83-2060.

Calling all actors!

Auditions will be held for the Missoula Children’s Theatre production of “Beauty Lou and the Country Beast,” Aug. 23 at the Hohenfels Community Activities Center, 10 a.m. to 2:30 p.m. Approximately 50 roles are available for local students. Students entering 1st-12th grade are encouraged to audition. No advance preparation is necessary. Most students will rehearse approximately four and a half hours each day, Aug. 23-27. The performance is scheduled for Aug. 27 at the Hohenfels Community Activities Center. This production is part of the Missoula Children’s Theatre’s unique international touring project and is presented locally by the Hohenfels Child, Youth and School Services. For more, call DSN 466-2078, CIV 09472-83-2078.

Garmisch Briefs

Venice/Verona weekend

Aug. 27-29: Two nights in the Vicenza area. We spend all Saturday in Venice seeing great art, architecture, pigeons in St. Mark’s Square, gondolas, and good places to eat!

On Sunday, we visit Verona, the Romeo and Juliet city, with its great Roman arena and a wonderful restaurant. Cost: \$290.

Schachen overnight

Aug. 28-29: Join us for an overnight hike to the Schachen, the King’s house built by Ludwig II of Bavaria and the least known of his palaces. Often described as a hunting lodge, Ludwig never used it for this purpose, instead utilizing it for birthday and anniversary celebrations. Cost: \$149.

Labor Day in Berlin

Sept. 3-6: Berlin is the ever changing, tremendously exciting capital of Germany. Berlin is eight times the size of Paris, the museums are world class, the new architecture is overwhelming, and there are pubs and bistros everywhere. There are so many things to see: the Reichstag, Postdamer Platz, etc. Contact us for more information. Cost: \$395.

Fat Tire & Sports Fest

Sept. 3-5: This is the 25th year of the Fat Tire Spectacular Mountain Bike Race. It is one of the oldest mountain bike races in Germany. We have coupled with the Garmisch Challenge Cross Country Race to make a weekend of fun events. Cost for adults is \$20 or \$35 with T-shirt; children are \$5 or \$20 with T-shirt.

Brewery of the Month

Sept. 5: Beer by bikes. Right in our own back yard is a great little brewpub called Griesbrau. We will leave from the Burke Center at 2 p.m. and ride bikes to Murnau. It is a scenic 2-3 hour bike ride on bike paths and back roads through the countryside to Murnau. We will have a beer tasting, sampling their four signature beers. We will put the bikes on the truck, and ride the bus back to Garmisch at 9 p.m. Cost: \$39.

Prague

Sept. 10-12: Prague is on the top 10 of places to visit in the old world. Enjoy a daytime tour Saturday and a fair amount of free time, plus a special guided tour of the Franz Kafka museum. Cost: \$270. This trip run again Nov. 5-7.

Zugspitze

Sept. 11-12: At 2,966 meters, Germany’s highest peak is 2,200 meters higher than Garmisch. We will get there in two days. Starting at the Partnachklamm, we hike up through the stunning Reintal valley. We will stay at the Reintalangerhütte, in the morning we will be serenaded with Zither music. Sunday we climb to the Zugspitzplatt glacier. Get a great lunch or scale the harrowing “Klettersteig” to the cross. Cost: \$149.

Top Chef Garda

Oct. 8-11: Three nights over Columbus Day weekend on the lakeshore in beautiful Torri del Benaco with two days of cooking classes in a villa overlooking the lake plus wine tasting. Monday is market day - we head home stocking up on goodies and visit some vineyards on the South Tyrol Wine Road. A foodie extravaganza! Departs 5 p.m. Cost: \$575.

Munich and the Third Reich



Oct. 22 & 24: After an overview on



**A Simple Observation
A Single Report
can lead to
actions that
may stop a
terrorist attack.**

**See Something.
Say Something.**

**On-post call DSN 114.
Off-post call German CIV 110.**



**U.S. Youth Soccer-Oberpfalz
Select District
Summer Soccer Camp**

WHEN: Aug. 28-29
9-11 a.m. for all camp attendees
- one two hour session in the afternoon for all attendees ☐
times will be determined by number of attendees in each age group (U11, U13, U15, U17/19)
WHERE: Camp Aachen Soccer Field (Grafenwoehr)
WHO CAN ATTEND: Any child between the ages of 8 and 18

Two Day Camp Price: \$70 per participant Number of Sessions per day: 2 per day Duration of each session: 2 hours Extras Included: Camp T-shirt, certificate, various prizes to select few, and ESS discount Soccer Store.
--

The training will be provided by the Elite Sports Skills (ESS) Company out of Cambridgeshire, England

Level of Coaches. ESS coaches range from FA Level 2 all the way up to UEFA A License in coaching football. Various coaches also posses other certifications such as FA Futsal, Samba Soccer and Coever training. Beyond that some of our coaches are also qualified as fitness instructors and personal trainers for further fitness and movement knowledge. All coaches either play or have/are linked to a professional Football Club in England. It is because of all this that you can guarantee the most advanced and innovative training from our coaches.

ESS Discount Soccer Store. Soccer gear at unbeatable prices! Whether it's a Manchester United Water Bottle or a new Umbro England soccer ball the ESS Discount Soccer Store offers it all. The prices are cheap and affordable ranging from 50cents for an ESS tattoo up to \$40 for a FULL England Soccer Uniform!

For more info contact USYS Oberpfalz Select @ oberpfalzsoccer@yahoo.com

What’s Happening

Garmisch (Continued)

Friday, on Sunday meet at the bahnhof just prior to the 8 a.m. train to Munich where we recreate the Bier Hall Putsch as it happened in 1923, visit the site of the Munich Accords and explore other places associated with the Nazi movement. This is an extremely interesting tour, somewhat like examining an urban battlefield. Lots of walking all day — wear comfortable shoes. Cost: \$35.

The Iceman/Bolzano Day

Oct. 29 & 30: At 7 p.m. on Friday, we start by showing a video about Oetzi the Iceman, Europe’s oldest natural mummy who was discovered by hikers in 1991 on the Austrian/Italian border. On Saturday at 7 a.m., we depart for a fantastic museum in Bolzano to visit the Copper Age man who lived 5,300 years ago. We also have time to visit the famous Saturday Market. A long day filled with delights. Cost: \$42.

Thanksgiving in Paris

Nov. 25-28: Paris is the best Thanksgiving destination because there is so much to see, the weather is good, and this is the longest holiday weekend on the American calendar. Almost three full days; includes familiarization with public transportation and a tour of some essential but less accessible places on the first day. Two days for people to explore the Louvre do the Musee d’Orsay and visit other sites like the Eiffel Tower on their own. Cost: \$465

Unless noted, all events meet at the Pete Burke Center. To register for the events contact the staff at the Pete Burke Community Center, DSN 440-2638, Civ. 08821-750-2638, or e-mail us at Garmisch.FMWRodr@us.army.mil.

ACS classes and gatherings

All take place or meet at the Garmisch Army Community Service Center (Artillery Kaserne, Bldg. 203) unless stated otherwise. For more information, contact your ACS staff at DSN 440-3777, CIV 08821-750-3777, or e-mail Garmisch.FMWRacs@eur.army.mil.

Gruess Gott Garmisch

The Gruess Gott Garmisch Group will take a break during the month of Aug. and return in Sept. Since the first Monday of September is Labor Day, the next meeting will be on Monday, Sept. 13, from 9:30-11a.m. at the Pete Burke Center.

- **Monday:** Money Mondays: 11:30 a.m.-1 p.m.; Fundamentals of English: 1-2:30 p.m.
- **Tuesday:** Playgroup: 10-11:30 a.m. at the Garmisch Chapel; Conversational German: 9:30-11 a.m. - will resume Sept. 14
- **Wednesday:** Working Wednesdays: 1-2:30 p.m.
- **Thursday:** Stroller Walk: 10:30-11:30 Meet at ACS.

Ansbach Briefs

Debt collection

People who owe money to or were owed money by Staff Sgt. Bryon P. Chaney of 5-158th Aviation Battalion, 12th Combat Aviation Brigade, in Katterbach Kaserne, should contact DSN 314-476-2131 or CIV 0162-265-3728.

Lunch program

Free and reduced-price school lunch program applications are now available for the 2010-11 school year. The application can be picked up at Army Community Service, any USAG Ansbach Department of Defense Dependents School or from the School Liaison Office’s information board across from the community mail room boxes in Bldg. 5817 on Katterbach Kaserne.

Once completed, bring the application, along with a copy of the sponsor’s orders, and most recent leave and earning statement, to your local ACS office.

For more information, call DSN 467-2883, CIV 09802-83-2883 in Katterbach or DSN 467-4555, CIV 09841-83-4555 in Illesheim.

Woodshop certification class

Aug. 21: From 11 a.m.-1 p.m. come to the Ansbach Arts & Crafts Shop to get your woodshop certification. Cost is \$15.

Contact the Ansbach Arts & Crafts 0981-183-7627.

SKIES acting/film class

Aug. 23: From 3:30-5:30 p.m. each Monday, learn the skills needed to become an actor. Classes are at the BOSS Center, Von Steuben, Bismarck Kaserne. \$150 pays for an eight-week session.

Call Parent Central Services at DSN 467-2533, CIV 09802-83-2533 for more information.

Children’s crafts

Aug. 24: From 3-4 p.m. children can participate in various craft activities. Classes take place on Katterbach

Kaserne and Storck Barracks. Call ACS for more information.

Computer basics

Aug. 25: Every Wednesday from 2-4 p.m. learn how to use a computer to fill job applications at the ACS in Katterbach Kaserne.

Call DSN 467-2883, CIV 09802-83-2883 for more information.

Nuremberg trip

Aug. 26: The trip leaves from Katterbach ACS at 8:30 a.m. Contact Katterbach ACS to sign up at DSN 467-2883, CIV 09802-83-2883.

Waterskiing / Wakeboarding

Join the Katterbach Outdoor Recreation Aug. 28 to learn to water ski, wakeboard or just hang out at the beach. All equipment is available at the lake. Trip departs Storck Barracks at 8 a.m. and Katterbach ODR at 8:30 a.m. Cost is \$39 adults, \$29 for children for transportation only. Contact the Katterbach ODR at DSN 467-3225, CIV 09802-83-3225 for more information.

Schweinfurt Briefs

Community and contact info

For more information on the latest news, upcoming events, available services and resources, or to find the right point of contact for your concern, visit us at www.TeamSchweinfurt.com.

ODR fishing license

Enjoy fishing, but dread the process of obtaining a fishing license here in Germany? ODR walks you through the process in easy steps with their three day, 30-hour fishing license course, for ages 15 and above, starting Aug. 20.

For more, call DSN 353-8080, CIV 09721-96-8080.

DFAS

In an effort to improve customer service, DFAS Retired and Annuitant Pay is testing a new toll-free phone number for military retirees and annuitants in Germany. The toll-free phone number is 0800-5891634. Contact Center hours are 1 p.m. to 1:30 a.m. in Germany.

Customers who need help outside of the call center hours may submit queries online at www.dfas.mil/rapay.html (click on the Questions and Comments link) or use the Interactive Voice Response System. This three-month test will measure use, customer satisfaction and cost effectiveness.

Food Handlers class

Take the food handlers class, Aug. 19, from 1:30 to 2:30 p.m. at the Yellow Ribbon Room to receive your food handlers’ certification – a requirement if you are serving ready-to-eat foods to the public. Space is limited. For more or to sign up, call DSN 476-2041/2138, CIV 09662-83-2041/2138.

Splash Bash

Family and Morale, Welfare and Recreation presents “Splash Bash III” Aug. 21 at Askren Manor, noon to 8 p.m., for both kids and adults. The event features live music by the Donny Vox Band and the following water attractions: water slide, splash pool, Willy the Whale, dolphin bounce and a play house.

Come join the fun and also enter in their limbo and hula hoop contests. For more, call DSN 354-6605, CIV 09721-96-6605.

Apologetics – Defending God

Ledward Chapel offers a special adult seminar and a program for children enrolled in the first to fifth grade, Aug. 23-25. Both programs are free and include lunch. Free childcare for children 4 years and under is available, but must be reserved prior to the event. For more on the adult program, call DSN 354-6021, CIV 09721-96-6021.

For more on the youth program and to make your reservation for child care, call DSN 354-6860, CIV 09721-96-6860.

Flea market

Ledward Library hosts their first Car Boot Sale and Flea Market, at the parking lot outside Ledward library, Aug. 21, 10 a.m. - 4:30 p.m. Load up your trunk, park at the library and sell your “stuff.”

See the library staff in advance to reserve your slot. Space is limited, so hurry! For more, call DSN 354-1740, CIV 09721-96-1740.

Back to school

First day of school for Schweinfurt Elementary School, Schweinfurt Middle School and Bamberg High School is Aug. 30. The following is a list of back to school activities scheduled for all schools within the Schweinfurt community to include Bamberg high school. The Schweinfurt Elementary School: New Family Orientation, Aug. 24, 9-10:30 a.m.; Kindergarten Orientation, Aug. 27, 9-10:30 a.m. The Schweinfurt Middle School open house, Sept. 9, 4:30-6:30 p.m. The Bamberg High School new student tour, Aug. 3 and 10, 9 a.m.–4 p.m. For more, call DSN 354-6057, CIV 09721-96-6057.

Infant Massage

SKIES offers two 5-weeks infant massage classes for parents of newborns up to 12 months of age for \$35. Group I meets every Tuesday, starting Aug. 24 and Group II meets every Wednesday, starting Aug. 25, with each meeting being held from 10-11:30 a.m. For more, call DSN 354-6517, CIV 09721-96-6517.

Free Fitness Classes

Kessler Fitness Center offers free fitness classes during the month of August: Spinning Monday and Wednesday, 5:30 p.m. – 6:30 p.m.; Power Yoga Tuesday, 6:45-7:45 a.m. and Thursday, 6-7 p.m.; Power Yoga for Beginners Wednesday, 9-10 a.m.; Core/Abdominal Strength Monday 12-12:30 p.m.; Pilates Tuesday, 9-10 a.m.

For more, call DSN 354-6735, CIV 09721-96-6735.

50/50 Summer Bowling

The Kessler Bowling Center is offering 50/50 Summer Bowling deals now through Sept. 30. Purchase a \$25 value game card and earn 50 games at 50¢ each. Stop by the Kessler Bowling Center bldg. 449 now through Sept. 30 and win big! For more, call DSN 354-6332, CIV 09721-96-6332.

Auto Skills Classes

The Auto Skills Center located on Conn Barracks offers free fundamental classes on various topics to all ID cardholders August and September. All classes start at 7 p.m. The list of classes include the following: Welding basics, Aug. 12; Advanced welding, Aug. 26; Basic body work, Sept. 9; Painting ba-

sics, Sept. 23; and Advanced body work, Oct. 7. For more, call DSN 353-8224, CIV 09721-96-8224.

European Seminar

The Bavarian State Government sponsors the 29th annual European Seminar, Nov. 17-18, near Bamberg, focusing on security issues of the Trans-Atlantic partnership. The Seminar is geared toward Field Grade Officers (but not limited to) and their civilian counterparts stationed in Bavaria. Space is limited and nominees will be selected on a first come first serve basis. For more, call CIV 089-2805583/84 or 0171-3076906.

Town Hall meeting

Express your concerns and bring your questions to the Community Town Hall meeting Aug. 19 at the Ledward Theater, starting at 11a.m. The meeting is open to the public and all are encouraged to attend. For more, call DSN 354-1330, CIV 09721-96-1330.

Bulk trash pick-up

Bulk trash pick-up is scheduled for Aug. 24 at Askren Manor, Yorktown Village, and government-leased housing. Place bulk items out before 7 a.m. on day of pick-up, but no earlier than the day before. Bulk trash includes only those items too large to transport in your vehicle. For more, call DSN 354-6201, CIV 09721-96-6201.

ODR trips & programs

Outdoor Recreation offers various trips and programs for all community members. Join them Aug. 28 and take a trip to the Kreuzberg Monastery to experience a unique rollercoaster ride. Learn about the history at the Cold War and outdoor museums and don’t forget to try the monastery’s famous beer.

Cost for the trip is \$10. For more, call DSN 353-8080, CIV 09721-96-8080.

Library Book Club

The Ledward Library invites you to the next meeting of their book club, Aug. 25, at 5:15 p.m. The featured book is “Pearl” by Achee Min. Enjoy coffee, tea and treats. For details, call DSN 354-1740, CIV 09721-96-1740.

Finney Center sports

Grab your racket and eye protection and sign up at the Finney Fitness Center for the Racquetball Tourney scheduled for Aug. 22. Registration deadline is Aug. 21.

Register now through Sept. 1 for the co-ed dodgeball league. For more, call DSN 353-8234, CIV 09721-96-8234.

CAR BOOT SALE

(aka FLEA MARKET)

Sat, Aug 21: 10 a.m.-4:30 p.m.
Ledward Library Parking Lot



Put some junk in your car trunk....and sell it here!

Get rid of household goods, clothing, toys, etc.

Space is limited; Reserve your free spot today.

U.S. ARMY

COMMUNITY SERVICE CENTER

LEWARD LIBRARY

LEWARD BARRACKS, BLDG. 242

CIV 09721-96-1740 • DSN 354-1740

e-mail: schweinfurt.library@eur.army.mil

www.library.eur.army.mil

1. Only personnel with U.S. ID cards may sell items. Only personnel with SOFA status in Germany may make purchases.

2. All items sold must be used personal items. No new or commercial items may be sold.

3. Personnel requiring use of tables during the event may rent them from Outdoor Recreation, Conn Barracks, Bldg. 50.

4. Participants are responsible for ensuring that all items are removed & properly disposed of following the Car Boot Sale.

(An alternative to disposal is donating your unsold items to Freecycle, which is located next to the Recycling Center on Ledward Barracks).

It takes a community. It takes a family. It takes a school.

REGISTRATION 2010-2011

To make Sure Start fit into DoDEA culture and regulations, Sure Start has evolved into a program with a distinct personality. Oversight of the program is by DoDEA, rather than the program itself:

- Sure Start regards family income as the most important- but not the sole- factor in enrollment eligibility;
- Sure Start does not use disability status as an enrollment criterion;
- Parent involvement in Sure Start is a mandatory part of the program;
- Sure Start uses DoDEA Pre-K Foundational Standards to base its curriculum. Teachers and program assistants receive training in its implementation to ensure consistency;
- Sure Start specifies a ratio of 2 adults to 18-20 students.

Enrollment Eligibility

Sure Start is a program for command-sponsored dependents. It is primarily a program for qualified four year olds. (The child must turn four years old by September 1 of the current school year.) Children qualify for Sure Start based on family dynamics which may put the child "at risk":

- based on rank of sponsor (E-1-E-4 first priority)
- single parent household
- parent(s) not a high school graduate
- parent a teenager when first child was born
- one or both parents speak a language other than English as their primary language;
- low birth weight;
- parent is on remote assignment (TDY) three months or more;
- four or more children close in age, living in the home;
- child has older sibling with a severe disability.

Pick up an application and return it to Rainbow Elementary School by Aug.24, 2010



Each island has numerous little coves and inlets to explore, like this one in the Saronic Gulf, perfect for a mid-afternoon swim.

Photo by Courtney Murray

by Kristin Bradley
USAG Hohenfels Public Affairs

A country of thousands of islands, Greece is a place where travelers will feel there is never enough time to see it all.

On one hand, visiting the islands — where the sparkling Aegean creates the perfect backdrop for dazzling white houses — is an absolute requirement.

Still, Athens — where ancient landmarks are so prevalent they seem to hide everywhere, popping up behind cafes and next to busy intersections — is also a must-visit.

Both experiences play into most travelers’ idea of a visit to Greece, yet planning a vacation that incorporates the two can be difficult.

Large cruise ships can only visit certain ports and therefore miss many of the charming small islands, and taking a ferry between the mainland and the islands can take up an entire day.

Though it sounds swank, chartering a sailboat to sail your family or friends between the islands is a surprisingly affordable option offering the best of all possible worlds.

Island hopping on your own private sailboat (with skipper, of course, for those with no previous seafaring experience) allows you to explore areas of Greece that might otherwise be difficult to find, beating the crowds that come with cruise ships and the long trips that come with ferry rides.

While the logistical benefits are many, the most significant advantage to sailing your way through Greece might not even be the convenience it provides, but rather the ambiance it imparts on the vacation. Instead of being a means to an end — a way to get from point a to point b — the sailing itself is a fulfilling experience. Leisurely making your way from island to island as you let the waves of the Aegean rock you to sleep on the hull of a sailboat creates

an atmosphere almost as special as the islands themselves.

Affordable vacation

Once you have decided to take a sailing vacation, the next step should be deciding who you will go with and what your budget will be.

A family of six might want to rent a boat by themselves where a couple without children will probably want to plan the vacation with friends to help defray the cost.

After you have your group together, there are a wide variety of boats to choose from depending on your interests and budget. If you are able to book at least a few months ahead of time and are willing to do some online research to find what you’re looking for, an affordable holiday is entirely possible.

In general, during peak time in the summer, it will cost approximately 2,000 euros to rent a 46-foot sailboat, plus approximately 1,000 euros for a skipper (which you will also arrange through the yacht company) for the week.

The boat comfortably sleeps six (with additional room for your skipper) so that breaks down to just 500 euros per person. You will usually eat breakfast and lunch on the boat with food you purchase from the grocery store, and you can even prepare your own dinners on the boat to ramp up the savings even further. All in all, the cost is surprisingly affordable and certainly comparable with any weeklong resort vacation.

Plan ahead

Working a few months in advance, begin searching the Internet for a yacht company in your desired port. Work with the company to discuss which type of boat and basic itinerary is best for your needs. For example, MG Yachts, www.mgyachts.gr, will work with you to choose a boat based upon the dates you have available, how many people will be in your party and how much you want to spend. Prices quoted

for a bareboat charter will be without skipper; be sure to let them know if you require one.

Even if you have a license and are qualified to take the boat out yourself, the extra fee for a skipper is worth it if only to take advantage of their extensive local knowledge.

Your skipper is the best source of information about the best beaches, ports, itineraries and more.

Part of your search for a yacht company will depend upon which port you would like to depart from and where you would like to disembark.

Beginning and ending in Athens is probably one of the best choices for sheer convenience: you will likely find the cheapest flights into Athens and the huge number of yacht charter companies headquartered at multiple Athens ports mean you have a good chance of finding a boat there. Starting and ending in Athens also means you can plan a day at the beginning or end of your trip to see sites such as the Acropolis and the city’s scores of top notch museums.

Islands, islands everywhere

Once you’ve narrowed down your point of departure, you still have some decisions to make. Greece has thousands of islands to choose from and each group of islands, not to mention each individual island, has something different to offer.

From Athens, the Saronic Gulf islands and the Cyclades are the most accessible during a one-week trip.

The Cyclades, complete with white washed buildings topped with brilliant blue roofs, are what most people picture when they think of Greece, but it will require more sailing time to reach the Cyclades than it will the islands of the Saronic Gulf.

The Saronic Gulf also has some spectacular islands — including Hydra where, except for the island’s two small garbage trucks, cars are completely forbidden and donkeys are the primary mode of transportation. Also, be-

cause it’s closer to Athens, it lends a more relaxed pace to your island hopping. Form a general idea of what you are looking for on your trip, but it is best to wait until you arrive at the boat to plan out a more specific route with your skipper, who will help tailor your desires to the necessities of sailing and the expected weather forecast. As much as you may want to make it to a specific far-away island, if rough seas are expected, it may not be worth it if it means everyone is sick by the time you get there. Besides, the ability to literally go where the wind takes you is why you opted for a sailing vacation to begin with.

No matter where you decide to sail, try to spend at least one night anchored in a secluded cove away from port: a relaxed dinner on deck and a midnight swim underneath the Grecian stars will be a highlight of your trip.

Practicalities

While it makes sense to wait until you arrive to plan your itinerary, some prior planning will help ensure smooth sailing.

Even if you don’t usually get motion sickness, stop by the health clinic before you leave and get motion sickness pills just in case because the wind and waves can be unpredictable.

Most boats come equipped with basic kitchen utensils but it will be up to you to bring items like toilet paper, paper towels, a dish towel, soap, and of course, food. If you are trying to save on your food bill you can pack dry good into your suitcase, but there will also be time to stock up in Athens before you depart and you will also find small grocery stores when you port at each island.

Lastly, ask your yacht company what the eating arrangements will be with your skipper and clarify with him before you sail to avoid awkward moments later. It is probably polite to plan on feeding him if you cook



Photo by Courtney Murray

This 46-foot sailboat comfortably sleeps six, plus a skipper, making it one of the most relaxing and affordable ways to see the Greek islands.



Photo by Kristin Bradley

On the island of Hydra, cars are completely forbidden and donkeys are the main mode of transportation.

meals on the boat, especially if you are not spending the night in port.

Set sail!

For anyone who enjoys spending time on the water,

sailing around the Greek islands with just your family or friends is one of the most beautiful and relaxing vacations possible. Charge the camera, grab a bathing suit, a snorkel and a mask and set sail.

Club supports Schweinfurt Wild Park

Story and photo by

Jasmine Morales

USAG Schweinfurt Public Affairs

The Schweinfurt Community Spouses' Club presented a contribution and their support to the Wild Park in Schweinfurt during a visit, July 20.

"We're here today to show our support to the greater community in Schweinfurt," said Louise Brennan, president of the Schweinfurt Community Spouses Club.

Brennan and eight other members of the SCSC presented a donation in the amount of \$1,000 to Thomas Leier, a Schweinfurt city park ranger who received the gift on behalf of the Wild Park.

"This year's donation will be put toward building a new cage and habitat for the owls living in the Wild Park," said Leier.

"The funds donated were collected from membership donations and sales at the thrift store received throughout the years," said Brennan.

This is not the first donation the SCSC has made to the Wild Park. They have presented several donations to the Wild Park in the past that have helped provide English exhibit signs for the animal enclosures to tailor the park for military family visits. Donations have also been used for

playground equipment, support for the animals in the park and to help maintain the park. Last year's donation helped build the new 'Wallis' goat enclosure.

"We do a lot of things for our community on base but it's nice to be able to give back to the rest of the community," said Brennan. "This is a great place where Americans can come with their children to see the animals and play at the park. It's good for us to give back for those reasons."

The allocation of funds is determined by the SCSC welfare committee with funds often given back in the form of grants and scholarships. Additionally, organizations within the greater Schweinfurt area that support military service members and their families are also awarded and recognized.

Entry to the animal park is free. In addition to the animal exhibits, children can choose from a number of different playgrounds available throughout the park and enjoy a kiddie pool with slides and sprinklers. Sitting areas and picnic tables are available for parents to sit and enjoy a day at the park.

During their visit, members of the SCSC were also treated to view the park grounds during a private tour, visiting new exhibits and exhibits currently under construction.

"My girls really enjoyed watching the Lynx and vultures get fed," said Mary Ritzmann, SCSC member. "The Wallis mountain goat exhibit was especially interesting to me because I have visited the Wallis region of Switzerland in the past and had no idea such huge animals were roaming around."

The opportunity to travel and visit places together and helping to support a greater cause are just a few of the benefits of becoming an SCSC member.

"I heard about all the wonderful things the club did as far as providing money and grants back to the community so it's good to be a part of all that," said Brennan, who has been the SCSC president for two months and joined the club to meet new friends and to enjoy Schweinfurt. She said she was ultimately drawn to being a part of something bigger.

Just last year the SCSC gave back over \$40,000 to different charities. The money was allocated for high school and college education scholarships and a range of activities, Brennan said.

"It's a great club to be a part of and we always welcome new members," said Brennan.

Within the last year the SCSC club was about 70 members strong but has lost several members due to various



Schweinfurt Community Spouses Club President Louise Brennan (left) presents Schweinfurt city Park Ranger Thomas Leier with a check to help support the Wild Park in Schweinfurt, July 20. The Wild Park is free and has lots of fun activities for kids.

permanent changes of station. Brennan, who will soon be transitioning, will be stepping down as president to be replaced by the vice president, Diana Eshelman.

"I am very excited to be the new SCSC president. I am extremely proud of what SCSC does for the community and it's an honor to take on this position," said Eshelman. "I am truly looking forward to this year."

As president, Eshelman hopes to increase membership in both numbers and diversity, and give away

more money.

"I want to increase the fundraising that we do to expand beyond the limits of our Thrift Store and our annual Spring Bazaar," said Eshelman.

To become a member, pick up membership form at the thrift store Building 231 on Ledward Barracks. The \$20 annual membership fee could be your next contribution in helping to make a difference. For more information, call DSN 354-6723, CIV 09721-96-6723 or visit TeamSchweinfurt.com.

Military exchange fosters understanding

Story and photo by

Eva Bergmann

USAG Schweinfurt Public Affairs

A delegation of communication officers from the armed forces of the Slovak Republic visited U.S. Army Garrison Schweinfurt recently during an exchange hosted by the 44th Expeditionary Signal Battalion. The military-to-military program improved understanding and cooperation between the two armies.

The event was kicked off at the battalion headquarters where officers of the 44th ESB explained the unit's operations and logistics and presented equipment and local facilities.

After an intense conversation at the battalion conference room, where the hosts took time to answer their visitors' questions, the leadership of the 44th ESB escorted their Slovak colleagues to Switch Park, an area dedicated to the

testing and configuration of signal equipment.

Here, Soldiers of the 44th ESB showcased a joint network node with a satellite transport trailer, a mobile piece of tactical equipment supplying up to 75 users with Internet, phone and teleconferencing support.

The Slovak delegation showed great interest in the display, even though not everything they were presented with fit their needs, due to different requirements and missions.

"We've seen a lot and we've gained a lot of important information," said Maj. Jozef Janosik of the Slovak Armed Forces. "Of course, we can't afford as complex solution as they do, but some of the answers to our questions have shown us that our direction is not always the best and we can take this information back with us and avoid making mistakes."

Even though the 44th ESB



A delegation of communication officers of the Armed Forces of Slovakia recently visited the 44th Expeditionary Signal Battalion. At the battalion headquarters officers of the 44th ESB explain how their unit works and Lt. Col. Dickens (left) and Maj. Luis Alvarado (second from the left) answer the visitors' questions.

is not going to travel to Slovakia, Maj. Luis Alvarado, the battalion's executive officer, emphasized that the event was not a one-way street regarding

information and education.

"We learn a lot from the questions they ask," said Alvarado. "They seem to be very knowledgeable on how we or-

ganize; it didn't seem to be a big surprise to them. That tells me that there is already some kind of understanding and they are having a clear vision of where they need to go."

One hot topic discussed during the visit was problems with connectors. Like with any computer equipment, the trick is to keep them clean, dry and cool, explained Lt. Col. Dwayne Dickens, 44th ESB commander.

"By showing them how we engineer those connections, having them go through the equipment, touching it, understanding it, being able to plug it in, those are the kind of things that are important," said Alvarado. "We rely on our industry for these types of solutions and they will probably go back to their industry for solutions. They need to know what right looks like so that they are more competent and more knowledgeable in what they

need to ask for specifically."

The Slovak Republic joined NATO in 2004. While the immediate benefits for the Slovak army are clear, Alvarado, who has participated in five exchanges throughout his career, highlighted the advantages of this military-to-military event for a modern U.S. Army.

"We gained a lot of knowledge from understanding who our partner nations are and this will actually help when we do coalition operations."

"The perfect example right now is Afghanistan," he added. "It's really a multinational effort, and that's definitely the way of the future. As an American Army, we are not always just going to be by ourselves doing an operation, and all the coordination that has to happen for us to synchronize a successful effort will be relatively painless, because both coalition partners already have an understanding for each other."

Academy educates leaders on local garrison services



Capt. Michael J. Martin, B Co. commander, 172nd Support Battalion (left), and 1st Sgt. Master Sgt. Michael L. Johnson, B Co., 172nd Support Battalion (right), attend the USAG Schweinfurt Academy, July 15, on Conn Barracks.

Story and photo by

Jasmine Morales

USAG Schweinfurt Public Affairs

Twenty-two senior leaders from the 172nd Support Battalion participated in the U.S. Army Garrison Schweinfurt Academy, July 14 and 15, held in the department of logistics conference room on Conn Barracks.

"I think the academy is important for all the commanders so they can have the resources readily available to them to help support their units and family members," said Capt. Michael J. Martin, Bravo Company commander, 172nd Support Battalion.

The academy, a program available to battalion commanders and first sergeants and above is offered by re-

quest only, and is administered by the USAG Schweinfurt Directorate of Plans, Training, Mobilization and Security. The goal of the program is to provide an overview of the community services and assets available to USAG Schweinfurt tactical unit leadership, utilizing basic blocks of instruction, in order to share resources and create a community partnership.

"I think it's important to attend the academy so that we can understand the garrison and what we should be doing to help the troops and their families," said 1st Sgt. Nigel Jones, Headquarters and Headquarters Company, 172nd Support Battalion. "It's very important that the families stay happy; happy family, happy Soldier."

With approximately 58 agencies

and organizations, it can be difficult to remember all the benefits available. The two-day agenda provided leadership a refresher and a firsthand look at community agencies and information accessible to their troops.

With the community experiencing change, it's important that all tenant unit leadership be informed of the latest information available.

"Things don't stay the same, and the academy is a great way of informing our leaders of any changes," said Sgt. 1st Class Joseph Hill, the non-commissioned officer in charge of DPTMS. "We're letting the tenant units know what we have to offer, so if they have a problem they know where to go."

The information the academy pro-

vides leaders helps secure a Soldier's readiness at moment's notice, provides information and resources to a new Soldier registering his or her children in school and helps a new Soldier get the basic essentials from the lending closet with the help of Army Community Service.

"I gained a lot of wealth and knowledge as far as the different programs offered to Soldiers and their families, Morale, Welfare and Recreation, Army Community Service, Family Readiness Group," said Jones.

After a short brief from each organization, leaders had the opportunity to ask questions. Agencies participating included the legal office, Directorate of Family, Morale, Welfare and

See CLASS, page 24

Teen Summer Stress Buster gets kids talking about stressors

Story and photo by

Jasmine Morales

USAG Schweinfurt Public Affairs

The Family Advocacy Program and Army Community Service hosted their annual Teen Summer Stress Buster on Kessler Field, July 29.

The parent-free event, which originated in Wuerzburg, was created to educate teens how to combat stressors that can affect them when liv-

ing in a military environment. It also presented the opportunity for teens to meet other teens before the start a new school year.

The event comes on the heels of a recent RAND study that indicated that children in military families may suffer from more emotional and behavioral problems compared with other American youths.

"I think it's very important that we recognize our military children also have a hard time and

that we understand that it's difficult to be a teenager in any circumstance and it's more difficult to be a teenager with all these stressors," said Patricia Lamson, Morale, Welfare and Recreation partnership specialist and leader of the Edge, an after-school program for kids in both middle school and high school.

Approximately 50 teens from the Schweinfurt community participated in the event's mini-workshops and outdoor recreational activities.

This year's topics were produced to be more efficient than last year's by adding a hands-on strategy to help engage teens to talk about their experience and how to handle them.

"We're doing things a little bit different this year. We're trying to improve it each year to give the kids topics that they're interested in, that apply to their life and will be helpful to them to engage them in conversation," said Lorri Picha,

See TEENS, page 24

Sex Signals comes to USAG Ansbach

Story and photo by
Ronald Toland Jr.
USAG Ansbach Public Affairs

A new twist on an old theme.

As part of the Army's refurbishing way of sending the same message, the real life, funny, sort-of-improv show about sex and stuff — Sex Signals — came to the Ansbach garrison last week for two shows, one in Storck Barracks and one in Katterbach Kaserne.

Produced and developed by Catharsis Productions, this is a specialized version of Sex Signals for each branch of the military and the Army's version is a key component in the secretary of the Army's effort to eradicate sexual assault from its ranks.

"This show enforces that sexual assault and harassment will not be tolerated in the Department of the Army as well as at this installation," said Cynthia Jacobs, Family Advocacy Program specialist for the Ansbach garrison and project officer for the show.

Generally, there are a lot of slides to train Soldiers on the theme, said Jacobs, but this one is different.

"This is a new way to tell people the same story that sexual assault will be a zero tolerance policy at all installations," she said.

"We should be ashamed of even having these types of incidents in our Army," said Col. Christopher Hickey, Ansbach garrison commander in his opening remarks. "It is far better than watching a slide show and is perfect for our time. We need to protect our fellow Soldiers from this ever happening."

Part of the I. A. M. Strong campaign launched by the secretary of the Army and chief of staff



Actors in the Sex Signals presentation improvise a dating scenario for the audience. The show attempts to educate about how sexual harassment and assault can arise out of simple miscommunication.

of the Army, in September 2008, the 90-minute interactive training is getting at the heart of preventing sexual assaults by mobilizing third party conspirators — a bystander who fails to intervene and prevent the Soldier-on-Soldier sexual assault incidents — to be proactive.

According to Jacobs, a total of 565 community members attended both performances.

"Our minimum expectations for attendees

were met, but we had more and thus, exceeded our expectations," said Jacobs.

"We need to increase awareness and get in front of this so it does not happen," said Gwen Finley, Family Advocacy Program manager.

"Part of reintegration is to train Soldiers about prevention and intervention, right off the bat upon their return," she said. "The Department of the Army is conducting an additional training and the units will conduct them quarterly," she added.

Originally developed and integrated in colleges by experienced presenters and educator, Jacobs said the show is not the same old slide show format and that Soldiers will remember specifics from the performance.

"It is entertaining as well as educational, as opposed to giving them the same old presentation that we do all the time — I guarantee they will not sleep during this performance," she said.

And as a result of the performance, Soldiers and their leaders loved it.

"This is a lot better than a slideshow and it definitely keeps you awake and focused," Spc. Uriel Garcia, mechanic with 3rd Battalion, 159th Aviation Regiment, said. "It is ridiculous that we even have these incidents in the Army, because the Soldier on your left and right are the ones there to save you," he said.

"This training can help prevent Soldiers from being in certain positions—through humor they get educated," said Sgt. 1st Class Hugo Edney, a platoon sergeant also with 3-159th who oversees about 60 Soldiers.

"The slideshow to this day does not really educate the Soldiers — not anymore," he said. "Soldiers learn better by humor, constructive and fun ways."



Bicycle owners in the community can register their bikes in a database to make it easier to track loss and theft and get their property back.

Bicycle program aims to deter theft

Story and photo by
Ronald Toland Jr.
USAG Ansbach Public Affairs

U.S. Army Garrison Ansbach's Directorate of Emergency Services has implemented a bicycle registration program in conjunction with the crime prevention program.

"(The program) acts as a deterrent to prevent bicycle theft," said Sgt. 1st Class Michael Henkel, physical security inspector for the Ansbach garrison. He said the program benefits the community and the owners of the property.

"When I worked law enforcement duties, we found a lot of abandoned and stolen bikes, and we were able to track the owner down to return their property," said Henkel. "This is a new program we are implementing for the community and hopefully the community will participate."

The process is simple and free.

"There are two places where bicycles can be registered, the provost marshal's office on Bismarck Kaserne (Building 5843A) and the PMO on Storck Barracks (Building 6518)," he said.

Henkel explained that in order to register bicycles, owners need to bring them to one of the locations listed above.

Along with the bicycle, if owners have a copy of the receipt from when they purchased the bicycle, to bring that to put in the registration packet.

"If you do not have a receipt, we will still register your bike," he said.

Additionally, Henkel explained that when the bike is registered, the desk sergeant will conduct a safety inspection of the bike and once that is completed, owners will fill out a bicycle registration form.

"A photo will be taken of your bike and will be put into the database. All of your information will then be placed in the database and your bicycle will be able to be returned to you, if found or recovered from a theft," said Henkel.

He said the program has worked in other locations and encourages everyone to pass this information on to friends and neighbors to get the word out.

"This is one way that the community can get involved in crime prevention," he said.

Henkel will be at the Katterbach Fitness Center, Aug. 28, from 10 a.m. to 2 p.m., at the Community Showcase to answer questions and to provide people with information and registration materials.

For more information about bike registration, call DSN 467-3862, CIV 09802-83-3862 or the military police desk in Katterbach Kaserne at DSN 467-3856, 09802-83-3856 or at Storck Barracks at DSN 467-4565, CIV 09841-83-4565.

WELCOME HOME HEROES



Families and loved ones sound off with welcoming cheers.

Troops from 2-159's Attack Reconnaissance Battalion, Headquarters and Headquarters Company, B, C and D companies "Gunslingers" that supported ground units of Task Force Operation Iraqi Freedom 09-11 returned to Storck Barracks, July 16.

Right: Sgt. William Chase carries his gear and son Tyler, 2-1/2 years-old, as they leave the hangar toward home.

Courtesy photos



Health clinic finding best solutions for patients

by **Ronald H. Toland Jr.**
USAG Ansbach Public Affairs

The U.S. Army Health Clinic on Storck Barracks in Illesheim is helping its community members by bringing providers together under one roof.

Throughout the year, the health clinic hosts behavioral health open houses to bring medical and military professionals together, finding solutions to best serve its customers—patients.

During the most recent open house, leaders from units stationed on Storck Barracks had healthy discussions with behavioral health representatives from the Illesheim, Ansbach and Bavaria Medical Department activities about how to help reduce the stigma and utilize the resources available when a unit redeploys, said Lt. Col. James Cahill, Storck Clinic commander.

"The picture in a Soldier's mind, of what life will be like when they return from deployment, is often more of an ideal," said the commander.

"They remember the feeling of safety and security, the love of family and friends, and freedom and independence."

But the commander said that reintegration is a process that is more mental than physical.

"The transition from extraordinary deployment life to the relatively ordinary life in garrison is not without its own pitfalls," he said.

"Leaders in our community — from NCOs to warrant officers, platoon leaders and company commanders—recognize the importance of behavioral health when preparing for redeployment," added Cahill.

"As Soldiers and families deal with the challenges of Army life, it is great to be able to reach out to a provider and care giver who is there to see our

Soldiers and families succeed," said Lt. Col. Rich Gordon, commander of 3rd Battalion, 58th Airfield Operations Regiment.

"Whether that success comes from counseling, classes or just being there to listen, our Soldiers need to have someone there for them who is specifically trained to help find appropriate solutions," he added.

He said if leaders and units can help Soldiers develop awareness, strategies and coping mechanisms for overcoming some of the hurdles everyone faces, the cost in terms of effort and time is less than when a crisis comes up.

"Using the resources available from mental and behavioral health providers to deal with the challenges we all face, also helps give confidence, strength and the tools to Soldiers and families for facing other challenges later," said Gordon. "It is crucial to find solutions early to these problems and to help make sure that our Soldiers and leaders know where to turn for help."

Although services are broad and are usually tailored specifically to each patient's needs, solutions are plentiful.

"Some of the services we offer include treatment for anxiety, post traumatic stress disorder, depression and many other concerns in adults and children using medication and or therapy," said Maj. Martha Culpepper, who works at the Katterbach Health Clinic. "Our providers serve as points of contact for each unit allowing a behavioral health provider to frequently connect with a unit to make it easier for the unit to learn about behavioral health concerns."

Culpepper advises commanders and others that if they see a significant change in a Soldiers' behavior to get them to the appropriate help.

"Allow time for appointments and do not create a stigma against behavioral health, foster an environment that makes Soldiers want to come to you with their issues," she said.

She also warned commanders not to create additional hostilities and to watch for substance abuse.

"Certain comments can be devastating and lead to guilt, shame, and more anger — symptoms that are already an issue for Soldiers with PTSD," she said.

"Also, commanders need to become aware of the effects of alcohol during postdeployment," she added. Culpepper explained that often times, Soldiers self-medicate

with alcohol to treat symptoms, and when combined with the anger of untreated PTSD, it starts a whirlwind of problems.

Providing the community with these types of services lets it know the clinic is there for them.

"Behavioral health open houses are a great tool to introduce behavioral health services to leaders and members of our community," said Dr. Brian Olden, deputy chief behavioral health services at the Bavaria Medical Department Activity.

"Some of the most common issues are relationship (or) marital, along with the typical readjustments coming home from deployment," he said. He said he sees many Soldiers who have understandable (typical) reactions to a combat deployment, some after several deployments. "These are reactions to combat that are not pathological, but typical," he emphasized.

Olden added that participants share the realization that medical professionals are there to help Soldiers and families, and leaders learn that the clinic staff can provide services at various locations, from inside the clinics to even right in the unit.

"We all want to work together to help everyone at every level in an organization to be as fit as possible in every way. In doing so, we want to provide our services in the most comfortable and appropriate venue," he said.

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Birth languages cross cultural, lingual divide

Story and photos by
Sylvia Metzger
USAG Garmisch Public Affairs

Frederick Leboyer, a French obstetrician best known for promoting gentle birth choices, once said: “Birth may be a matter of a moment. But it is a unique one.” The Garmisch Army Community Service’s first group childbirth class series of six couples is just as unique.

While sharing the common dream of parenting through a safe and empowering birth process, the couples learn how their cultural backgrounds are surprisingly different. In addition to American expectant couples, the class had a unique flavor of Korean, Romanian and Ukrainian origins.

Despite their differences, birth languages sound very much alike. Dads’ expert back rubs, hip squeezes and coaching are universally popular: “More, more ... you are doing great, honey.” Some demonstrations spice up the class.

Future dad Gigi Romans from Romania proudly displays his “Daddy’s love vest” full of basic necessities — bottles, baby wipes and pacifiers. It’s kind of a Batman utility belt for dads.

Ukrainian Kirill Tsekanovskij patiently supports his wife Anna to practice guided imagery and relaxation to best prepare for birth in the local hospital.

Hayoung Strazdas, who is Korean, shares her likes of warm green tea and jazz music, and is thrilled by her husband’s presence and support.

Americans Matt Jeffers, Mark Friend and Fred Roberts can now expertly demonstrate movements of the baby through a plastic model pelvis and pull out many of the tricks from



Staff Sgt. Matt Jeffers holds a model pelvis while his wife Shannon demonstrates the cardinal movements their baby will make on the journey into the world.

their own “labor toolbox” too. Somehow, the cultural differences just don’t seem to make a difference.

But how is birth in Germany unique?

Germany’s obstetrical system is midwifery-led, family centered and holistic. Unlike in the United States, and many other countries, midwives in Germany can deliver babies without the presence of an obstetrician, but the obstetrician may not deliver the babies without the presence a midwife.

The Garmisch Klinikum (hospital), for example, offers a wider variety of nonpharmacological pain relief methods, including acupuncture, homeopathy, relaxing birth tub, music, freedom of movement and positions, and above all, continuous support. Some methods are based on scientific evidence, while others need more validation. Nevertheless, childbirth is viewed as normal and interference in the natural process is considered counterintuitive.

Another difference from the Unit-



Expectant moms are relaxed to near sleep as future fathers practice massage techniques to help alleviate the discomfort of carrying a developing baby 24/7. From left to right are: Anna and Kirill Tsekanovskiy, Shannon and Matt Jeffers, Gigi and Monica Roman, Mark and Ionica Friend and Hayoung and Povilas Strazdas. Touch and relaxation work magic during the childbirth process and are essential for good labor progress. Touch is one way to ease pain that crosses all language barriers.

ed States, where laboring women can only dream about ice chips, popsicles and clear broth, here they are allowed to eat and drink as they wish. Nobody seems to be worried about “the risk of pulmonary aspiration” if general anesthesia is needed. Interestingly, just this month, the American Journal of Maternal and Child Nursing wrote about the World Health Organization’s recommendation “not to interfere in women’s eating and drinking

during labor when no risk factors are evident.”

Similar to Scandinavian countries, German families are entitled to midwifery support in the comfort of their homes as part of their pre- and postnatal care. With its roots in Europe, home visitations are now a core of New Parent Support Program, the free and voluntary service offered exclusively to military families to help them thrive no matter where in

the world they live or come from. It is under this umbrella that the spirit of multiculturalism can find the same birth language during and after childbirth classes.

They all share the same dreams, same concerns ... and the same feeling of soon-to-be parent.

Editor’s Note: Sylvia Metzger is the New Parent Support Program manager at U.S. Army Garrison Garmisch.

Kramer Mountain tunnel gets official green light



Photo by Thomas Hays

The Kramer Mountain tunnel project gets the official green light, July 27, during a symbolic opening ceremony indicating construction is a go.

by John Reese
USAG Garmisch Public Affairs

Since the winter snow melted away last spring, workers have been busy clearing trees and cutting a roadway north of Artillery Kaserne, including clearing the northwest edge of on the kaserne for the Kramer Mountain tunnel project.

However, the tunnel’s official groundbreaking ceremony didn’t take place until July 27, when a traffic light along the route was symbolically switched to green, indicating the construction is a go. The opening ceremony for local civic leaders was attended by USAG Garmisch Manager Karin Santos and a few key officers from garrison’s Directorate of Public Works.

The tunnel is intended to alleviate heavy traffic congestion in Garmisch-Partenkirchen for commuters heading to or from Autobahn 95 toward Munich. Instead of driving through the city’s narrow surface streets with only one lane in each direction, motorists can bypass the town altogether en route to several world-class Alpine ski slopes and the Zugspitze, Germany’s highest peak and a major tourist attraction. Year round, tourists and outdoor sports enthusiasts find themselves in bumper-to-bumper traffic along Zugspitzstrasse, the main drag through

Garmisch. The Kramer tunnel should have a similar relief effect on the traffic flow as the Farchant tunnel did between Garmisch-Partenkirchen and Oberau. The efficient Farchant tunnel was completed 10 years ago. Oberau, too, is looking forward to its own bypass tunnel.

Bundesstrasse (German federal highway) B2 branches off south before the Kramer tunnel entrance toward Partenkirchen for traffic heading to Mittenwald and Innsbruck, while B23 forks southwest to enter Garmisch. B23 continues beyond town where it becomes Austrian highway B187 at the border, leading to fast and easy westward routes to Reutte and Fuessen at the southern ends of German Autobahn 7 and future Autobahn 91. The Kramer tunnel and road will merge with the B23 just west of the garrison. Motorists and pedestrians en route to Grainau west of Garmisch can see the ongoing bridge construction over the Loisach River at the point where the new road will rejoin the old highway.

Garmisch community members who attended the garrison’s last town hall received a detailed explanation of the project by DPW, and a long, detailed map of the tunnel project is currently on display in the lobby of the Pete Burke Center. Aerial photos and maps can also be easily found online.

Energy Tips

- Computer monitors use 60 watts of power per hour, monitors should be turned off if individual is expected to be gone for more than 10 minutes.
- Follow your garrison computer shut-off policy and turn off your government computer at the end of the day (except Wednesdays for security scan/update).
- Run your TV, VCR, PC and printer equipment over a power strip that has an on/off switch. Turn these devices off when not in use.
- Unplug appliances when not in use. Items plugged in continue to use electricity even if they’re not in use.

High Seas Expedition complete

The preschool crew and adult volunteers see that “God’s Word is Surprising!” This was one of the themes of the day during High Seas Expedition, Vacation Bible School 2010, sponsored by the U.S. Army Garrison Garmisch Chapel on Sheridan Kaserne. Forty children and more than forty adult volunteers had a great time during the weeklong VBS, finishing on the evening of Aug. 5 with a grand finale closing program and cook-out at the chapel attended by over 100 people.



Photo by Cathy Wampler

Hohenfels community honors fallen Soldiers

by Kristin Bradley
USAG Hohenfels Public Affairs

Family members, friends, colleagues and community members gathered at the Post Theater, July 21, to honor the lives and service of three 1st Battalion, 4th Infantry Regiment Soldiers who were killed July 6 during combat operations in Afghanistan.

Staff Sgt. Marc Andrew Arizmendez, 30, Spc. Roger Lee, 26, and Pfc. Michael Shane Pridham, Jr., 19, all of D Company, 1-4th Inf. Regt., died of injuries sustained when their vehicle was hit with an improvised explosive device. The Soldiers deployed to Zabul Province, Afghanistan, with D Co. in March.

Friends and leaders at the memorial said all three were both outstanding Soldiers and devoted family men.

"I believe that they would want to be remembered for the things they loved doing and the people they loved. They loved being Soldiers, they were good friends and they were devoted to their families," said Lt. Col. Rafael Paredes, 1-4th Inf. Regt. commander.

Friend and neighbor of Arizmendez, Sgt. Christopher Bockhol, said his friend was so dedicated to his work that he did whatever it took to get the job done.

"I remember Marc as one of the hardest working men I've ever met, spending long hours in the maintenance bay fixing vehicles, at the gym improving his physical fitness or helping out a fellow Soldier. He did whatever it took to accomplish the mission, even if that meant working late hours, sacrificing time with his wife and children," said Bockhol.



Arizmendez



Lee



Pridham

Bockhol said Arizmendez treasured the time he spent with his wife Barbara and children Jennifer and Justin, "playing like he was one of them, getting into water gun or snowball fights."

Through his dedication to the mission and to his family, Arizmendez made many friends and created numerous memories that will never be forgotten, said Bockhol.

"Wherever you may be now you'll forever live on in the hearts and minds of the people who love you," Bockhol said.

Like Arizmendez, Lee was also defined by his dedication to both the mission and his family, according to fellow Soldiers.

At the memorial service, Staff Sgt. Joshua Pritsolas read remarks by Sgt. Travis Stockdale, currently in Afghanistan, who was the team leader of both Lee and Pridham.

"Spc. Lee truly loved his family and felt their love back. They made him the man he was. The title Soldier meant a lot to Spc. Lee, however, I think husband and father were the titles he treasured most," said Stockdale.

He described how Lee would speak often about his wife Elvina, and how he proudly displayed his daughter Jazmyne's art work in his room, talking about her excitement for school and preparations for kindergarten.

As much as Lee spoke about his family, when it came to work, Stockdale said he was a "quiet professional."

"Spc. Lee was a dedicated Soldier. When missions were tasked he set out to accomplish them to the highest standards," said Stockdale. "His dedication to his country, the Army, and most of all to his family, was an inspiration. Those who served with him would not wish

to compare themselves to him, for many of us would fall short."

Stockdale said though Lee was taken from his friends and his family July 6, "his hopes, his dreams and the love he had for his family will remain with us forever."

While fellow Soldiers spoke of Lee's quiet professionalism, Spc. Thomas Schmitt described Pridham as the funniest Soldier in D Co.

Schmitt, currently in Afghanistan with D Co., sent remarks about his best friend, which Sgt. Jacob Munden read at the memorial service.

"No matter the time or situation we were in, he could make any one of us laugh and turn the situation right back around," said Schmitt. "Whether it was his jokes, stories, actions or a comical rendition of a fellow peer, he was always able to change everybody's mood."

A funnyman on the surface, Schmitt said Pridham was also a serious Soldier and a loving husband to his wife Deidre Marie Spencer. He was excited to become a father, speaking often about how, when his daughter was born, he would give her the best life he could.

"Looking back I can remember when he first came here and see the progress he made from being a new Soldier, unaccustomed to our training environment, to the Soldier that would correct mistakes, look out for his fellow battle buddies and was one of the most trusted individuals to have by your side when out on a mission," said Schmitt.

"Michael Pridham was not only the funny guy and a great Soldier, but he was also my best friend. Every day I will feel him with me and I will hear his guidance. I love you like family, my brother. Rest in peace."

Students work as apprentices with Hired program



Charles Boateng, an 11th-grader at Hohenfels High School, organizes sports equipment as part of his apprenticeship with the U.S. Army Garrison Hohenfels Youth Sports program, Aug. 6.

Story and photo by
Kristin Bradley
USAG Hohenfels Public Affairs

As schools plan to open their doors at the end of the month to begin a new academic year, another program meant to enrich the educational experience for military youth is also gearing up for the start of a new session.

The Hired program for teens at U.S. Army Garrison Hohenfels plans to begin its second term in September, offering students 15-18 years old the opportunity to work in apprenticeship positions throughout post, said Amelia Bayer, Youth Services assistant director. Administered by Child, Youth and School Services, the Hired program places students at locations on post where they work with a site mentor for a term of 12 weeks during the school year or nine weeks during the summer. Students spend 180 hours per term gaining experience in a field that interests them, establishing resume-building experience that will be beneficial in the future, said Bayer.

At the end of the term, students receive a \$500 stipend provided from the Army through Kansas State University, according to Jennifer Scott, Hired coordinator and workforce preparation specialist for

USAG Grafenwoehr CYSS.

More important than the stipend though, said Bayer, is the experience the youth gain in a field of their interest.

"This is an apprenticeship program, not your typical summer job or an after-school job," said Bayer. "The teens are not supposed to be taking out the trash or doing dirty work, they are working alongside someone in a field they might be interested in pursuing in the future."

That experience will be invaluable when it comes time for resumes and college applications, said Bayer.

Understanding the need to provide military teens with that kind of experience, the Army created the Hired program in response to teen input voiced at numerous Youth Leadership Forums, said Scott.

"For years, youth decided that one of their most important topics at Youth Leadership Forums was employment. They said they wanted to get experience not just in the three categories available during summer hire but in areas they were interested in as a career path. The Hired program was developed as a result," Scott said.

"It isn't just a job," said Bayer, "it will give them a leg up on their peers when it is time to apply for college and scholarships. And the 180 hours of apprenticeship also include training on skills such as resume

writing and financial planning."

After spending the summer term in an apprenticeship at Youth Sports, Charles Boateng, who will be a junior at Hohenfels High School this fall, said he will definitely recommend the program to friends.

"I had fun working with the kids and enjoyed helping with the sports camps," said Boateng. "I learned a lot about how to help with children and about communication. I plan to keep volunteering there once school starts."

Boateng was the first participant in the program's first term at USAG Hohenfels that ran for nine weeks from June to August.

Bayer said she will publicize the program at Hohenfels High School after school starts with the plan of beginning the next term in mid-September.

During the summer term, apprenticeships were only available at CYS locations, but Bayer said she hopes to extend the placement site opportunities for the second term to include the library, dental clinic, vet clinic, fire department and more.

Signups for the Hired program second term will take place at the Youth Center, Building 72, and at Hohenfels High School. For more information, call the Youth Center at DSN 466-4492.

1-4th Infantry Regiment returns to training as main mission

by 7th Army Joint Multinational
Training Command Public Affairs
News Release

The 1st Battalion, 4th Infantry Regiment of Hohenfels, Germany, will shift its focus as it begins to wind down from its mission in support of the Combined Task Force Zabul at the end of this year.

Since 2006, the 1-4th Inf. Regt. has regularly deployed to Afghanistan with the Romanian Land Forces (ROULF) sending a company-size unit, during each International Security Assistance Force rotation. The mission will end with the 1-4th Inf. Regt. Team Cherokee's return to the Joint Multinational Readiness Center at the end of its tour of duty.

"This change of mission gives 1-4 Soldiers the opportunity to reset and return to their core role as the opposing forces in support of training U.S. and multinational Soldiers at the JMRC. The warriors have accomplished their strategic purpose in Afghanistan, cementing a relationship vital to NATO and ISAF operations, a partnership to be maintained well into the future," said Brig. Gen. Steven L. Salazar, commanding general of the Joint Multinational Training Command and senior mission commander. "The achievement defined by mutual respect and camaraderie is largely unseen and unheard-of in larger war efforts, but the benefits to both countries will outlive the careers, and in

some cases the lives, of those who were a part of it. It is a historic partnership and the Soldiers and families of 1-4th Infantry can be extremely proud of their contribution and accomplishments."

The change of mission does not affect the unit's expected return from theater; however, it will reduce the number of Soldiers deploying with Team Cherokee to about 120 personnel, and does not in any way impact the safety of the Soldiers, said Salazar.

"Planning for the return of all 1-4 personnel is ongoing at this time, but no concrete dates have been set for their return to Hohenfels," said Col. John M. Spitzer, commander of the JMRC. "Since 2006, 1-4 Infantry has partnered with and augmented the ROULF with personnel, enablers and operational experience, while the Romanians developed and improved their capacity."

Because of the success of the partnership and other conditions in theater, Romania deployed a second battalion and a brigade tactical command post this year, signaling its increased commitment to ISAF.

Although 1-4th Inf. Regt.'s mission in Afghanistan is ending, the JMRC will continue the partnership with the Romanian Land Forces, by continuing to provide predeployment training and enhanced training capabilities at the Cincu Training Center in Romania.

For more information about the JMTC, visit the website at www.hqjmtc.army.mil. Learn about the JMRC at www.jmrc.hqjmtc.army.mil.



Photo by Staff Sgt. Adam Mancini

Soldiers from the 1-4th Infantry Regiment interact with local villagers in Afghanistan in 2009. The 1-4th Inf. Regt. will wrap up its mission with the Romanian Land Forces in Afghanistan at the end of this year.

Visit the U.S. Army Garrison Hohenfels webpage, www.hohenfels.army.mil, for up-to-date news, events, contact information and much more.

Hughley brings laughs to Hohenfels Soldiers



Photo by Kristin Bradley

Comedian Bryan Ricci warms up the crowd before D.L. Hughley took the stage at U.S. Army Garrison Hohenfels, Aug. 8.

King of Comedy gains sobering perspective on what Soldiers do

by Kristin Bradley
USAG Hohenfels Public Affairs

It may have looked like a plain white tent from the outside, but the talent on the inside transformed the festplatz at U.S. Army Garrison Hohenfels into a first-rate comedy club when Hollywood star and comedian D.L. Hughley entertained more than 500 guests during a free show hosted by Armed Forces Entertainment, Aug. 8.

Together with opening act Bryan Ricci, Hughley spent 10 days performing shows at seven Army and Air Force locations throughout the United Kingdom and Germany, including Hohenfels.

Hughley brought the same straight-talking, hold-no-punches humor to Hohenfels that earned him success and notoriety in ventures such as the film

“The Original Kings of Comedy,” his sitcom, “The Hughleys,” and his current morning talk radio show.

Audience members roared with laughter as Hughley joked about childhood, marriage, celebrities, current events and even had some fun with the Soldiers and family members gathered in front of him.

While he was all laughs on stage, the funnyman was serious when it came to describing his motivation for entertaining overseas service members.

“Even though they’re doing a very serious job, everyone wants to disappear for a few hours and that’s why we’re here,” said Hughley.

“I wanted to put a face to the Soldiers, a face to the story,” Hughley said. He said before the tour he had an idealized notion of what military service is like and now has a better idea now of what life is like for service members.

“It has put a lot of things in perspective,” said Hughley.

Part of that perspective, he said, comes from meeting Soldiers who are the same age, or younger than, his



Photo by Spc. Tia Sokimson

Comedian and actor D.L. Hughley entertains Soldiers and community members during a show at U.S. Army Garrison Hohenfels, Aug. 8. More than 500 people attended the event.

own children.

“This is not the first time I have performed for Soldiers, but I am always struck by how young they are,” said Hughley. “I have children this age, and to see young children fighting for the freedoms my children enjoy is sobering.”

Hughley used the word “sobering” multiple times when describing his experience on the tour. He said he was impressed by the importance of the mission at Hohenfels, home to the

Joint Multinational Readiness Center that each year trains tens of thousands of U.S. and international troops for deployments and peacekeeping missions around the world.

“When you read about a Soldier in Iraq or Afghanistan they have probably come here first,” said Hughley.

When asked if he had a message for the Soldiers and families stationed at Hohenfels, Hughley said the one thing he didn’t want to do is present a scripted slogan without meaning.

“I think there have been a lot of questions about what we’re doing or why we’re there, but the one thing you can’t question is that you all are here for a noble purpose and all I can say is thanks.”

Visiting seven Air Force bases and Army posts in two countries over just 10 days meant a busy schedule for the comedian, but Hughley said the hectic pace was worth it.

“I have gotten a lot more than I’ve given here,” he said.

Stress PT program offers new approach to prevention

Story and photo by
Kristin Bradley
USAG Hohenfels Public Affairs

As they sat on the floor in their physical training uniforms at 6:30 a.m., July 30, the morning must have seemed like the start of a typical PT session for the Hohenfels Soldiers at the School Age Center gym.

As soon as the pushups began, however, it would have been clear that this morning would be a bit different.

“I sometimes become irritated with family or coworkers over small things,” Lara Clagett, a staff member at U.S. Army Garrison Hohenfels Army Community Service, read off a sheet of paper.

Soldiers around the room moved their bodies up and down, completing two pushups.

“I sometimes have trouble falling asleep,” read Clagett.

Two more push-ups.

For their warm up on this particular morning Clagett, manager of the Mobilization and Deployment and Employment Readiness programs at Army Community Service, read a list of common stress indicators as each Soldier did two push-ups for every statement that applied to him or her.

The Soldiers laughed and joked as she went through the list but no Soldier escaped the exercise without doing some push-ups.

The exercise, meant to make Soldiers aware of the presence of stress in their lives, was part of Stress PT, a program developed by Hohenfels ACS as a new approach to mandatory annual training aimed at preventing domestic abuse, child abuse and sexual assault.

“Typically we do this in a PowerPoint presentation, and anyone who has ever sat through one of those knows how exciting that is,” said Patricia Scott, family advocacy program specialist. “Hopefully this is a more effective way of engaging people so they process and retain



Soldiers participate in Stress PT, a new program designed by Army Community Service at U.S. Army Garrison Hohenfels that presents mandatory annual training aimed at preventing domestic abuse, child abuse and sexual assault in a more active format. Patricia Scott, Family Advocacy Program specialist, said she hopes the new approach will help the Soldiers retain the information better than the usual PowerPoint presentation.

the information better so they will remember it and come and see us later when they need it.”

Scott said ACS ran seven session of Stress PT in late July that reached half the units stationed at USAG Hohenfels.

During Stress PT, Soldiers ran between locations on post where they participated in exercises designed to demonstrate aspects of domestic abuse, child abuse and sexual assault prevention. The exercises were coupled with short briefings about the importance of managing stress and the services ACS has available to help Soldiers do that. Program managers also

spoke briefly about how using those programs — including financial readiness, the New Parent Support Program, employment readiness, Army Family Team Building, couple’s communication classes, stress management classes and much more — can help Soldiers and their families eliminate some daily stress and cope with the stress that is inevitable.

After the push-up session that encouraged Soldiers to take a look at their own life, ACS ended the morning with a sit-up exercise that encouraged Soldiers to also think of people they know who might be showing signs of distress

Statements like, “My friend has been deployed in the past year,” “My friend has been deployed to a combat zone more than twice,” and “My friend has been having trouble at work,” caused more than one Soldier to sit up in response.

The exercise was one of many throughout the training that focused not just on encouraging Soldiers to help themselves, but on encouraging them to watch out for their friends and co-workers as well.

“In June, 32 Soldiers took their own lives,” Kurt Rager, Relocation Readiness program manager, said to Soldiers, referring to a suicide rate the Army has been working to lower. “Be aware of those that you care about and when you see them having trouble get them help so we can help turn this trend around.”

Scott said she hopes presenting the training in a more active way will help the Soldiers better remember which resources are available and will make them more likely to use them.

“In the prevention field we are trying to get to the point where people remember these resources and will come use them before they are really in trouble. We tried to make it more interesting so hopefully they will remember this information after they leave,” said Scott.

According to Sgt. 1st Class Michelle Pierre, a Soldier with the Joint Multinational Readiness Center Adler Team, breaking the PowerPoint mold was much appreciated.

“It was a unique approach to providing information that is vital not just to us but to those we sponsor,” said Pierre.

Sgt. 1st Class Luis Perez agreed and said he thought the technique should be shared with communities outside of Hohenfels.

“It was wonderful: very structured and professional. Honestly, we didn’t know what to expect beforehand but I enjoyed it. It was very interactive,” said Perez. “I think it should be used across the board within (U.S. Army Europe).”

Teens de-stress on parent-free day

Continued from page 16

Family Advocacy Program manager, Army Community Service.

The agenda for the day listed three 30-minute classes: healthy relationships, self-defense and youth sponsorship.

"I experienced a lot of things like how to relieve myself from stress and have confidence and how to defend myself," said Key-ion Laws, 14, a ninth-grader from Bamberg High School, who said his stress level was very low.

Healthy relationships, sometimes called safe dating, focused on building and identifying what is a good friendship or relationship and the importance of self-worth while in a relationship.

"We will ask the younger groups what is a good friendship and we educate the older teens on what to look for in a partner when in a relationship," said Picha, stressing the significance of focusing more on the positive things, like good qualities in a relationship versus bad qualities.

"It's important to plant some seeds and get the kids thinking about these things," said Picha. "It may be something they've never thought of and we may scratch the surface. At least it gets them aware and more awareness is a good thing."

Introduced to the program for the first time this year was the self-defense class and Army combatives techniques. Teens



Teens enjoy a stress-free day during the Teen Summer Stress Buster on Kessler Field, July 29. After the mini-workshops, teens team up and roll each other using the zorb balls.

were taught how to defend themselves and avoid from being attacked.

"I learned how to not be bullied and how to defend myself," said Kayleith Ackins, 12, a seventh-grader from Schweinfurt Middle School.

"We gave them a firm understanding of what the Army Combatives Program is and how they can use that in the event that they have to put their hands on somebody ever... but most importantly how to avoid those situations if they could," said Cpl. Roger Keene, A Co., 172nd Support Battalion, and member of the Army Combatives Program.

"It was really fun! I got to experience a lot of self defense and to talk about how hard it is for me to move around and also how to be self confident," said Alyssa Isom, 13, an eighth-grader from Schweinfurt Middle School. "I would recommend the event to all new teens in the community."

During the youth sponsorship, workshop teens concentrated on relocation and the stress of moving.

"There are so many things that cause stress and are related to stress and relocating is a stressor," said Picha.

Teens identified their top issues about relocating with the

major issues being packing and unpacking.

"They talked about how they can solve that issue, what would make it easier, and they came up with some ideas like siblings helping each other pack," said Lamson.

Additional changes made to this year's event were dividing teens into three age groups to create a better form of communication among the teens.

"Last year the event had all the age groups together. That doesn't work so well in engaging in conversation because they're not really with their peers," said Picha. "What we want is to be more effective."

To help instructors and staff identify each age group, teens were issued colored wrist bands designating age group.

"I think that they deserve to be recognized for their accomplishments," said Lamson. "And recognizing that they have a lot of stress to deal with and giving them the skills to deal with, that is the very least that they deserve."

More events are in the pipeline to provide recreational opportunities for Schweinfurt's youths. FMWR hosts its third annual Splash Bash Saturday, Aug. 21 at Askren Manor. For more information on this and other youth events, call 09721-96-6527 or visit www.TeamSchweinfurt.com.

AAFES corrects double charges

by U.S. Army Garrison Grafenwoehr
Public Affairs
News Release

Army and Air Force Exchange operations are experiencing a double whammy no one saw coming — a processing error that resulted in duplicate charges on credit and debit card transactions, Aug. 7-9.

The error by AAFES' systems also affected customer purchases made at FMWR facilities, including Army Lodging and the Edelweiss Lodge and Resort. These facilities rely on the AAFES card processing system to process debit and credit card transactions.

Shoppers who used debit and credit cards on these dates at AAFES and FMWR facilities are strongly encouraged to review their statements to see if they are impacted by this issue. However, AAFES officials said because they are working to correct the inaccuracies, there is no action required by customers. AAFES officials said every possible measure is being taken to eliminate any additional charges and rectify any concerns created as a result of this processing miscue. AAFES' corrective actions will also remedy any FMWR duplicate transactions.

Depending on the type of card used, corrective action could be visible to the customer anywhere from 24 hours to a couple of weeks.

MWR officials say they regret any inconvenience to their customers, and that unfortunately, local FMWR facilities and staff personnel are unable to fix the problem of double charging.

(Editor's Note: Information for provided by AAFES and FMWR.)

Class illuminates garrison services

Continued from page 16

Recreation, the chaplain's office, the school liaison and the health and dental clinics among others.

On day two, Lt. Col. Everett Spain and Command Sgt. Maj. Michael A. Boozer Jr., Schweinfurt's garrison commander and command sergeant major, respectively, visited the leaders.

Spain discussed the community values of leadership, inclusiveness, service and teamwork, and briefly reflected on the history of the community and the unique relationship between the Schweinfurt community and host nation.

"Hearing Lt. Col. Spain speak this morning helped me gather a better understanding of our relationship with the German community and I also got a brief history lesson," Martin said.

Soldiers and families from the 172nd Support Battalion can rest assured their leadership can provide answers or at the very least provide the resources to find the answers. This is the main benefit of the academy's mission. "I've gained a lot from the academy," said Jones.

Unit leaders interested in requesting the USAG Schweinfurt Academy should call Sgt. 1st Class Joseph Hill at 09721-96-7018 or e-mail joseph.hill1@eur.army.mil.



Courtesy photo

Fists of fury

(From left to right) Rachel Gabavics, Madeline Olden, Coach Brian Olden, Brandon Miner, Jonathan Williams and Avery Gabavics pose with their trove of trophies after competing in the German National Tang Soo Do Youth Championships in Munich, July 10. The five students from Brian Olden's Netzaberg Tang Soo Do Class were the only Americans at the tournament, and all five won trophies and medals in competitions for forms, weapons, free-fighting and breaking. The youngest student, Avery Gabavics 7, beat students twice her age to win first place in the forms competition. Jonathan Williams was the overall male co-champion of the tournament. Parents may enroll their 8-18-year-old children for the next session, which begins Sept. 2, by calling DSN 475-6656 or DSN 476-2760.

BitLocker might cure 'data at rest' ills

by Sgt. Daniel J. Nichols
U.S. Army Europe Public Affairs

U.S. Army Europe information management officials are introducing a new solution to a Department of Defense requirement to protect locally saved data on government computers. That requirement calls for such information — known as "data at rest" — to be encrypted to safeguard it if the computer is lost or stolen.

Earlier this year the original plan to implement data at rest security was unsuccessful.

U.S. Army Europe computer information systems experts said most users experienced computer down time, lock-outs, and a variety of other problems after the original software was installed.

Those experts are now working toward a new solution using a Microsoft program

named BitLocker, which is expected to work more efficiently.

Microsoft's website claims that "BitLocker helps keep everything from documents to passwords safer by encrypting the entire drive that Windows and your data reside on. Once BitLocker is turned on, any file you save on that drive is encrypted automatically."

"Because it is part of Microsoft's operating system, and not third-party, and because the installation and support are built in, implementation of BitLocker is much easier," said Jonathan Lindow of U.S. Army Europe OP CIS, who has been working closely with the new data at rest solution.

"It will increase your level of security. If your laptop is stolen ... you'll have assurance in knowing that your data is secure," said Lindow.

Lindow also said multiple tests of the new software are being conducted before it is installed on every U.S. Army Europe computer.

"The first goal is making sure we have all of the support pieces in place so we don't have any gaps in service," said Lindow.

Although no official implementation date is scheduled, Lindow said BitLocker will not be installed until the experts are sure they can roll out the new software with minimum inconvenience to the user.

U.S. Army Europe computer users can find BitLocker information and assistance in the BitLocker help folder on the European Enterprise portal at the following location: <https://eep.army.mil/119/imo/BitLocker/default.aspx>.

This link is available only to users coming on the .mil domain.

Uruzgan Province is now in US hands

Continued from page 8

"The advances of the Afghan government for the Afghan people have been impressive," Creighton said. "The expansion of roads and bridges, the effectiveness of the Afghan National Security Forces and the establishment of commercial air capability are small examples of the improvements made by the hard work and efforts of dedicated professionals working with the Uruzgan leaders and people."

The biggest task for CTU will be to work with the Afghans to build and strengthen the government capacity of the province in an ef-

fort to better serve the people as well as assisting the local government in conducting the upcoming elections.

"It is an honor for me to serve the great people of Uruzgan, regardless of tribal affiliation or district," Creighton said speaking directly to the people of Uruzgan Province. "I will work with government officials, tribal leaders and the citizens of Uruzgan in order to identify priorities and work together to solve problems."

Creighton touched on the new direction of CTU and how it will work in a more side-by-side role with the Afghan Army and police

and said they will make a positive impact for the people of Uruzgan.

Combined Team Uruzgan brings together soldiers from America, Australia, Singapore and Slovakia for this new mission. The team's goal is to leave the ANSF and Afghan Police with the ability to secure and protect the province on their own with no help from coalition forces.

"I am looking forward to building on the exceptional work that the Dutch and Australians have accomplished so far in Uruzgan," Creighton said.

Cycling makes greener, healthier workforce

Continued from page 1

an example and hopefully we will see more organizations adopting a bicycle policy in the future."

While it's easy to habituate to automobile routes and fall into the belief that there is no other way to travel, DPW is proving that bicycling is just as effective.

"Many times it's faster than driving a car," said Yvonne Schreglmann, contract compliance assistant, adding motor and pedestrian traffic and parking obstacles can make a short commute in the car longer than expected.

"Biking is an efficient form of transportation on top of the many health benefits," she added.

Bicycle riding can garner immense physical benefits including improved cardiovascular health, muscle strength and balance. In addition, riding provides positive psychological boosts.

"After sitting behind a desk all day, a bike ride can do wonders for your mind and body," said Andrea Hoesl, program manager.

Elisabeth Prem, an environmental engineer, agreed. "You notice the small things when on a bike," she said. "Things you would never notice in a car."

With this new initiative the garrison moves toward achieving the Department of Defense Energy Conservation Program goals, one pedal at a time. For the DPW employees involved, being "green" is as easy as riding a bike.

DFACs will compete at next level in Dec.

Continued from page 1

that when a unit deploys, the facility loses from 1-10 employees at once.

Patrick Sonneman, manager of the Sgt. Maj. Lawrence T. Hickey Dining Facility at U.S. Army Garrison Grafenwoehr, said the dining facility has to bring in contract cooks until the unit returns, but with the financial recession, it may not always get as many contract cooks as it had Soldiers.

Although DFAC has learned to adjust, it keeps the Sonneman on his toes. He must constantly review who is coming and going to make sure he always has enough people to man the facility.

The facility will be judged again in early December to see if it meets the Department of the Army's level of excellence.

Sonneman said commitment to customer service is something he and his employees strive for every day, not just when they are being judged for an award.

Every year dining facilities all over the globe are put to the test to see if they can meet the challenge of being the best. However, the Connelly award's objective is not merely to decide who is good and who is not. The intent of the award is to meet three key objectives:

- Improve the professionalism of food service personnel, thus providing the best quality food service to supported soldier diners.
- Provide recognition for excel-

lence in the preparation and serving of food in army troop dining facilities and during field kitchen operations.

Provide added incentive to competitive programs of installation management command (IMCOM) and army commands (ACOMS) by adding a higher level of competition and appropriate recognition.

"Preparation is daily, all year long," said Patrick Sonneman, "We strive to provide the same high quality service every day. That is food service excellence."

Kevin Lassiter, USAG Hohenfels Warrior Sports Cafe dining facility manager, said that this year was the first time since 2005 that the Warrior Sports Cafe has competed in the IMCOM/USAREUR competition for Hohenfels and it is the first year he has been the manager.

"In previous years," said Lassiter, "the garrison dining facility has competed for Hohenfels. The garrison DFAC closed at the end of April."

The Warrior Sports Cafe absorbed the staff from the garrison's dining facility after the closure so both teams are now at one facility.

"We don't really see that as a challenge, just something we have to adjust to," said Lassiter. "The staff did a great job. I think they did outstanding, just like they do every day. They care about what they do."

Evaluations are based on whether the facilities are following proper procedures and regulations, using



Soldiers wait for their food at the short order bar during the lunch rush at the Hickey Dining Facility, Aug. 9. Hickey Dining Facility recently won first place for large dining facilities in the Philip A. Connelly Awards Program at the Installation Management Command-Europe level. Both Grafenwoehr's and Hohenfels' DFACs will compete at the Department of the Army level in December.

recipe cards, how the team handles the unexpected, if the cooks know why they do what they do, how the staff works together, etc.

"Our job is taking care of Soldiers and I think they could see that is our priority," said Lassiter. "As long as this community is happy, that is what I care about."

The Philip A. Connelly Award Program was established March 23,

1968, to recognize excellence in Army Food Service. The program is named Philip A. Connelly after the former President of International Food Service Executives Association (IFSEA). Connelly was responsible for obtaining IFSEA's sponsorship of the event.

Editor's Note: Kristen Bradley, U.S. Army Garrison Hohenfels, contributed reporting.

Community bonds make better neighbors

Continued from page 2

facilitate mutual interaction.

By working with the local communities, we will be able to keep our promise to provide Soldiers and families living in Netzaberg and other outlying housing areas a quality of life commensurate with their service and sacrifices. With the help of the local German host communities, our brigade will be able to make their hometowns our hometowns and one collective community of international neighbors.

More than ever, our brigade family needs the support of our neighbors. In the coming year as the brigade intensifies its training to battle a hybrid threat, the Soldiers need that peace of mind that only helpful and supportive neighbors can provide.

I am proud to be a part of the Blackhawk team, the largest U.S. combat brigade in Bavaria. We have the best Soldiers, noncommissioned officers, officers and families in the Army. We are ready to fight and win wherever and whenever we are called to do so.

By establishing an unbreakable bond with our host neighbors, we will most effectively remain combat ready to win our nation's wars.

*Col. Frank Zuchar
Commander,
172nd Infantry Brigade*

Respect can reduce friction

Continued from page 2

And somehow, no matter how long I'm stationed here, I highly doubt that I'll ever prefer soccer over football. It's just not the same. For that matter, I'll take barbecue over schnitzel nine times out of 10.

Knowing that we're Americans, however, means that we are free to respect and enjoy our host nation's culture.

The 172nd Infantry Brigade is working with the local communities to build upon German-American friendship and to develop long-lasting partnerships that will benefit Soldiers, their families, and the local communities.

We are dedicated to working to reduce possible areas of friction between Soldiers and the local community. As part of our efforts, we are working with local leaders to compile local laws and regulations that apply to our Soldiers living in the local communities, particularly Netzaberg.

Knowing these regulations will make it easier for our Soldiers and their families to adapt to local customs and enjoy their time here in Germany.

There is no doubt that there is much to enjoy — skiing, festivals, hiking, camping, sightseeing, boating, travel, food, beer; the opportunities are endless.

Living and working in Germany is a great opportunity that most Americans don't have. Let's make the most of it.

*Command Sgt. Maj.
Robert J. French
172nd Infantry Brigade*

Tip 3: Use energy saving light bulbs. They're free at your Self Help Store.

Best Warriors stretch limits of endurance, mettle

Continued from page 1

"How could you have such an honor, to be coming into a theater on a new assignment and getting to be the host of the best of the best that USAREUR has to offer? So I am extremely proud to be the host of this day's ceremony," he said.

The competition, conducted July 26-29 at the Grafenwoehr Training Area, challenged 14 competitors representing USAREUR's subordinate commands in all aspects of Soldier skills and knowledge.

"The competitors here faced challenging tests that stretched the limits of mental aptitude, physical strength, endurance, flexibility and tenacity," said U.S. Navy Fleet Master Chief Petty Officer Roy M. Maddocks, the U.S. European Command's senior enlisted advisor and guest speaker.

The competition was hard, but Sincore said he was confident that the training he had done before the competition prepared him for the grueling test.

"I trained hours a day for weeks at a time with the help of my NCO support chain to help get me ready to do this," said Sincore.

During the two weeks between the end of the competition and the ceremony, any indication of who the front runners might be was kept top secret. Tension mounted and the announcement of the winners was a surprise to everyone.

"I knew I performed well, but you never know what they're looking for, how the points are going



Spc. Timothy Murray provides security while Staff Sgt. Alicea Anderson performs first aid on a "casualty" during an event at the 2010 U.S. Army Europe Best Warrior Competition, July 28. Both Soldiers are from the Joint Multinational Training Command.

to round out, how well your competition did — so no one knew anything at all," Anderson said.

"It was unexpected and it feels good to have won the competition," said Sincore.

Although only two competitors ultimately earned the winning titles, there is more to these events than just determining who wins or loses.

"I believe that competition breeds excellence — it truly does. This competition not only finds the best warriors, but it develops them more along the way," said Maddocks. "You just think, 'I have a task, and I'm going to do the very best I can at this task,' and you just take it step by step."

The USAREUR winners will advance to represent the command at the Department of the Army

level competition later this year.

"I'm proud to be representing USAREUR at the next Best Warrior Competition ... and I'm looking forward to it," said Anderson.

Anderson and Sincore both have a lot to live up to, as USAREUR has had several winners at the Army level three times in the past five years.

"Last year's NCO of the Year for Department of the Army was a USAREUR Soldier, and we will have two more USAREUR winners this year," said Sgt. Maj. Brad Weber, who has been overseeing USAREUR Best Warrior competitions during those five years. "That type of success speaks directly to the quality of our competition and how well it prepares our winners for the next level."

Fees realigned with increasing costs of child care

Continued from page 1

One result of AFAP was an expansion in the number of income categories to better reflect the full range of family incomes found across the Army.

By law, child care fees are based on total family income (excluding certain special pay and allowances), not rank or civilian grade. In 2008, DoD conducted an in-depth study of the child development program fee policy. As a result, they determined current fee ranges were no longer in sync with the total family income for a majority of the users, and the fees have not kept pace with the increasing costs of providing care.

"While the cost of providing child care has risen each of the past six years, the value of the programs has also increased for Soldiers, their children and the Army," said Peggy Hinson, Child Youth and School Services Director at FMWRG.

"Our child care programs promote early learning. Most Army programs are nationally accredited, and most importantly, Soldiers can concentrate on their mission, knowing their children are safe and well cared for in a

fully-accredited child care system," she explained.

The National Association of Child Care Resource and Referral Agencies, the country's leading voice for child care, issues a biennial report on the quality of nationwide child care, including the DoD. The 2007 study found that the DoD child care system "stands alone as a model for states." In that report, military child care ranked first among the 50 states and the District of Columbia, and was the only entity to score in the top 10 for both standards and oversight criteria.

Since 2004, child care fees at most Army garrisons have remained static in an attempt to ease the burden of persistent conflict and multiple deployments. In an effort to minimize the financial impact of fee increases, the Army received approval from DoD to begin a phased-in implementation of this new Child Care Fee Policy. Individual installations will have plans to reach fixed dollar amounts for each fee category within the next three years.

A 2009 update confirmed that DoD child care continues to score more than 60 percent above the na-

tional average.

"It's important, in keeping with the promises made in the Army Family Covenant, that we do everything we can to minimize the impact the DoD fee changes will have on our Soldiers and their families," said Jones.

Currently, there are six fee categories, including a minimum fixed rate and five income-based categories, each with a range of fees determined by the garrison.

The school year 2010-2011 Child Care Fee Policy will contain nine categories, with three added at the top to more accurately accommodate higher incomes.

Under existing policy, families earning \$70,001 pay the same fees as those making more than \$100,000. The three additional categories will raise fees incrementally to cover families earning \$125,001 or more annually.

Those earning \$85,000 and below will see smaller increases. Furthermore, some lower-income families will pay reduced fees under the new policy. As always, families with more than one child will receive multiple

child reductions, regardless of total family income. This now will become an Army-wide standard 15 percent discount for second and subsequent children.

Commanders may authorize additional fee reductions for families with temporary, documented financial hardships. Army Family Covenant fee reductions are in effect, while military parents are deployed.

In addition to Child Development Center fees, the Army's 2010-2011 fee policy covers all Child, Youth and School Services Programs, including: full day; part day; part time; school age and hourly care; family child care homes; Skies Unlimited Instructional programs and youth sports.

Families will receive information about their specific fee changes beginning mid-August, through personal contacts at their CYSS location. Additional information will be provided through town hall meetings, social media, radio and television commercials and print materials. The Army will launch a website in late August to provide additional information on its school year 2010-2011 Child Care Fee Policy.